



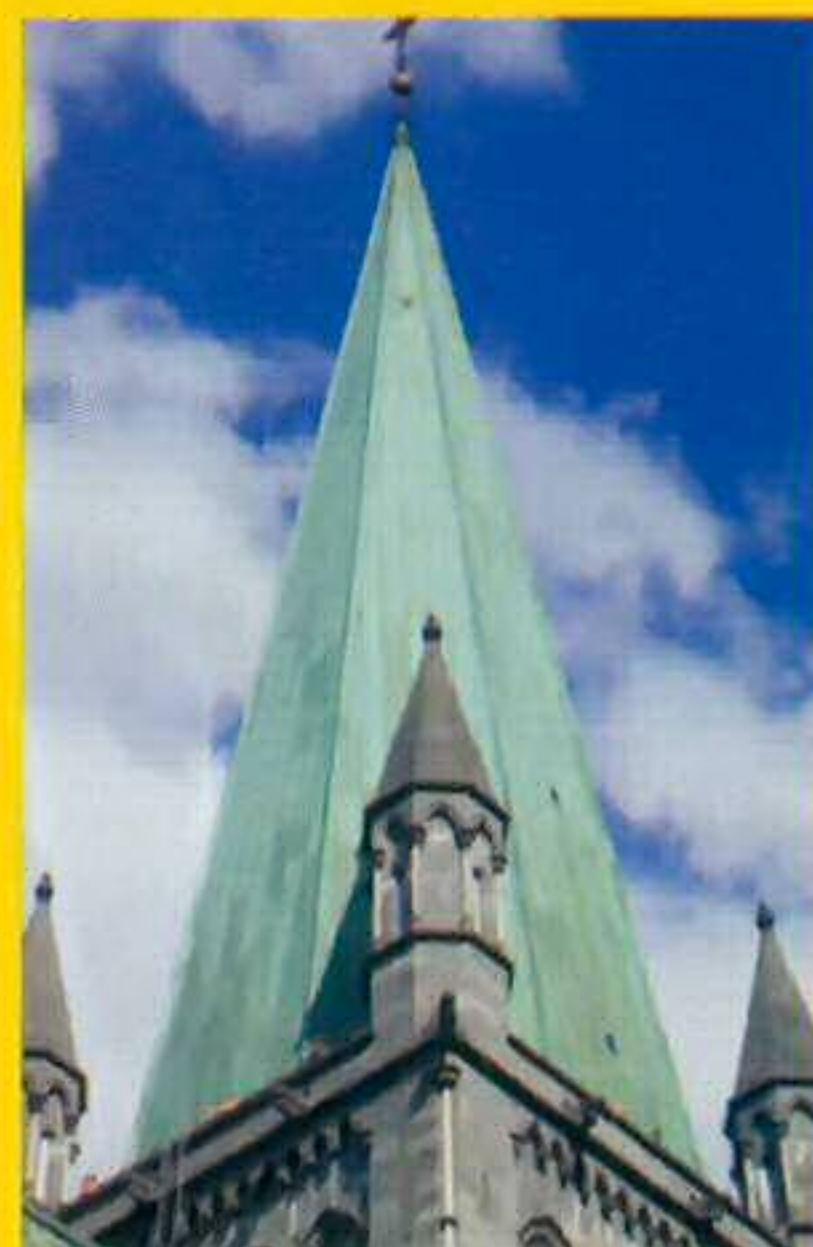
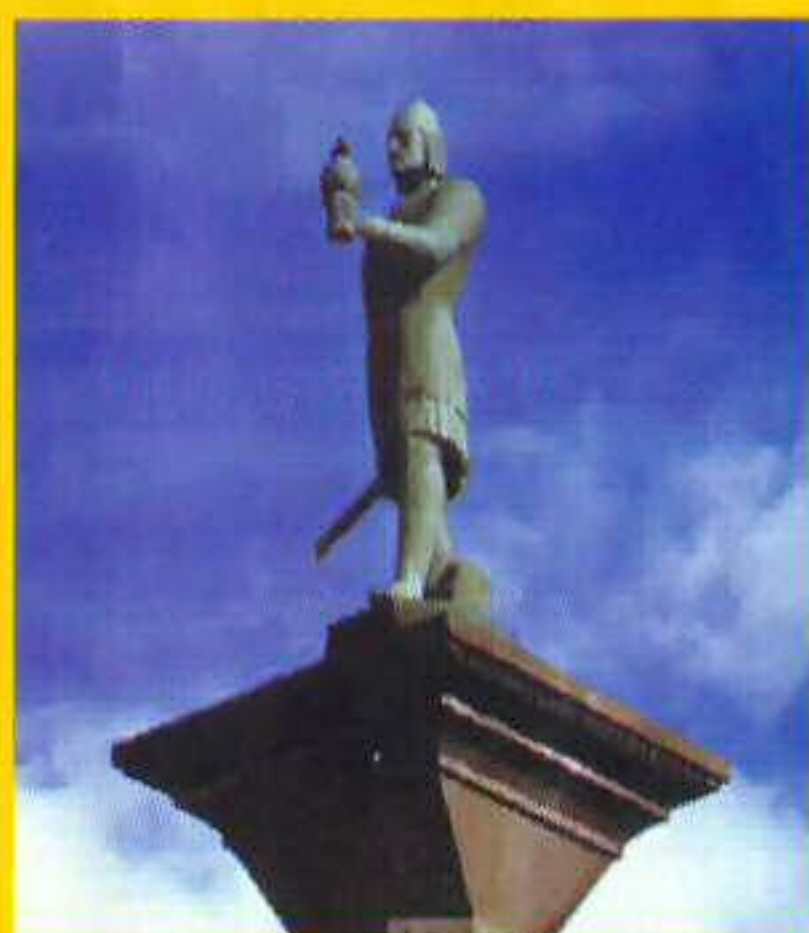
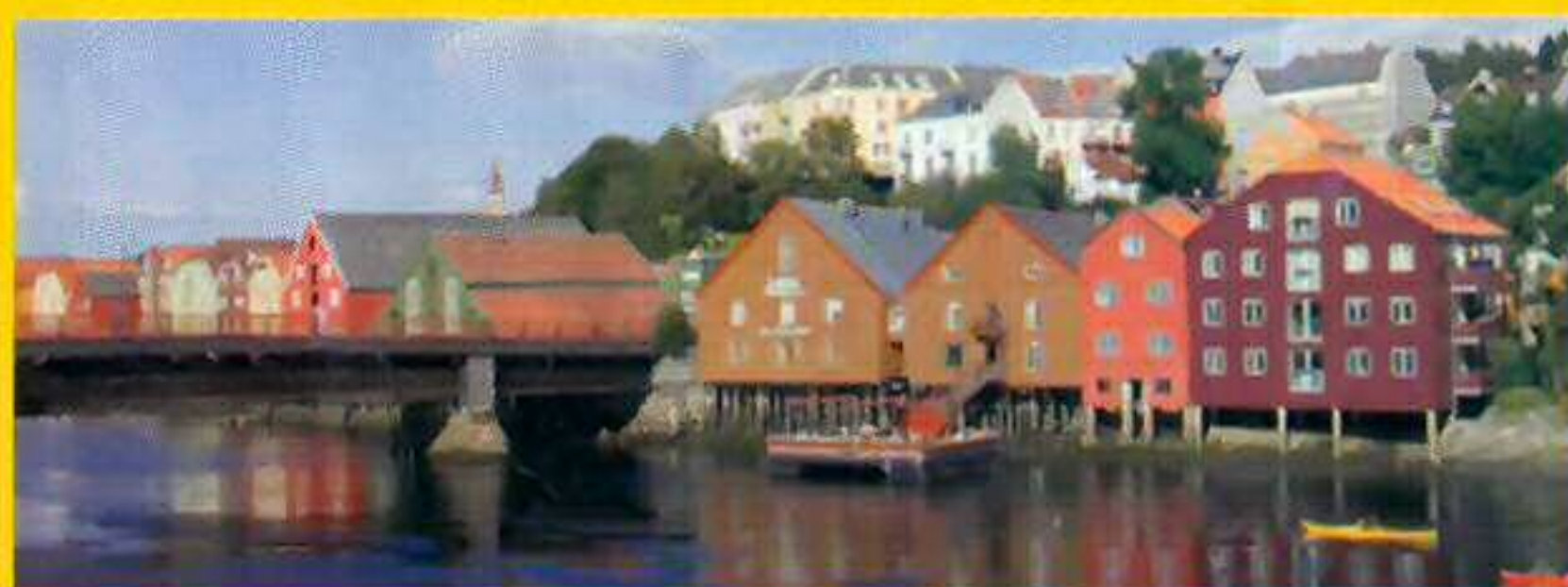
GUIDE 2007

Trondheim

Central Norway

***City of the Viking King
the Historical Capital of Norway***

- *Sightseeing*
- *Accommodation*
- *Restaurants*
- *Maps*
- *Practical information*

Visit**Trondheim** ASwww.trondheim.no



Welcome to the city of the Viking king

Trondheim is a meeting place. Old and new combine, the crown and the church converge, warriors mingle with peddlers, and grassroots link up with high technology. More than a thousand years have passed since the Viking king Olav Tryggvason sailed up the Trondheim fjord in his longship and decided that this was where he would found his city, which he called Nidaros. (997 AD) From his statue he surveys the city now, over a thousand years later.

From the earliest times, Norway's kings were acclaimed at Øretinget in Trondheim, the "thing" or assembly place at the mouth of the river Nidelven. Harald Hårfagre (Harald Fairhair) (865 – 933 AD) was crowned there. Harald Fairhair had a royal estate at Lade in Trondheim, which was later to become the seat of the powerful Lade earls.

Olav Haraldsson, also known as St. Olav, fell at the battle of Stiklestad in 1030 and was laid to rest in Nidaros; and since then several mediaeval kings have found their final resting place in Trondheim. Encouraged by the legend surrounding St. Olav and the church built on the site of his grave, Trondheim gained popularity as one of North Europe's important pilgrimage centres in the Middle Ages. The city became the seat of the archbishop and the crown, and was the country's first capital, as well as a prosperous centre for trade, shipping and culture. The Norwegian national regalia are kept in Trondheim, and Norwegian monarchs are crowned in Nidaros Cathedral.

Today, Trondheim is the third largest city in Norway, and a major centre for high technology, research and education.

One big village – or a small city.

Where past and present meet.

Welcome to Trondheim.

Director of Tourism
VisitTrondheim AS

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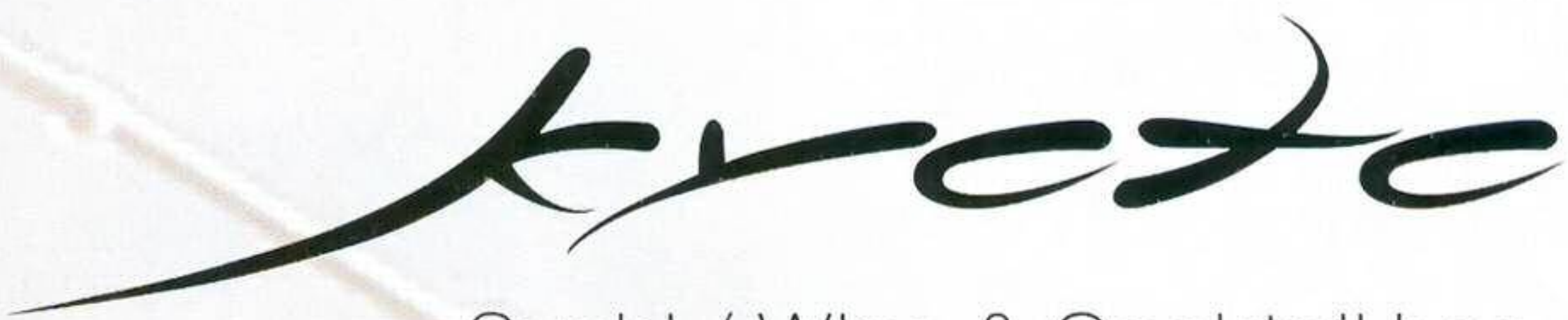
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Trondheim Guide is available in Norwegian, English, German, French, Spanish and Italian.



Sushi / Wine & Cocktail bar

Dronningensgate 26

(Entrance in Jomfrugata) 7011

Trondheim Tel: + 47 7350 1300

OPENING HOURS:

Monday -Thursday from 2 pm

Friday and Saturday from 12 noon



Harbour sightseeing

Boat trip lasting 1 hour + 20 minutes

We sail you round the canal harbour, up the river Nid and the fjord. You will see the wharves, the Old Town Bridge and Munkholmen island, and a wonderful view of the city from the sea.

On the daytime trip, it will be possible to land on Munkholmen and return to the town later on the regular ferry. The harbour sightseeing ticket is valid for the return trip. The ferry sails from Munkholmen at fifteen minutes past every hour.

23 Jun – 12 Aug Daily except Mondays, departures from Ravnkloa **12.00** and **2.30 pm**

15 Aug – 16 Sep Wednesday, Friday and Sunday, departure from Ravnkloa **2.30 pm**

EVENING BOAT TRIP LASTING ABOUT AN HOUR

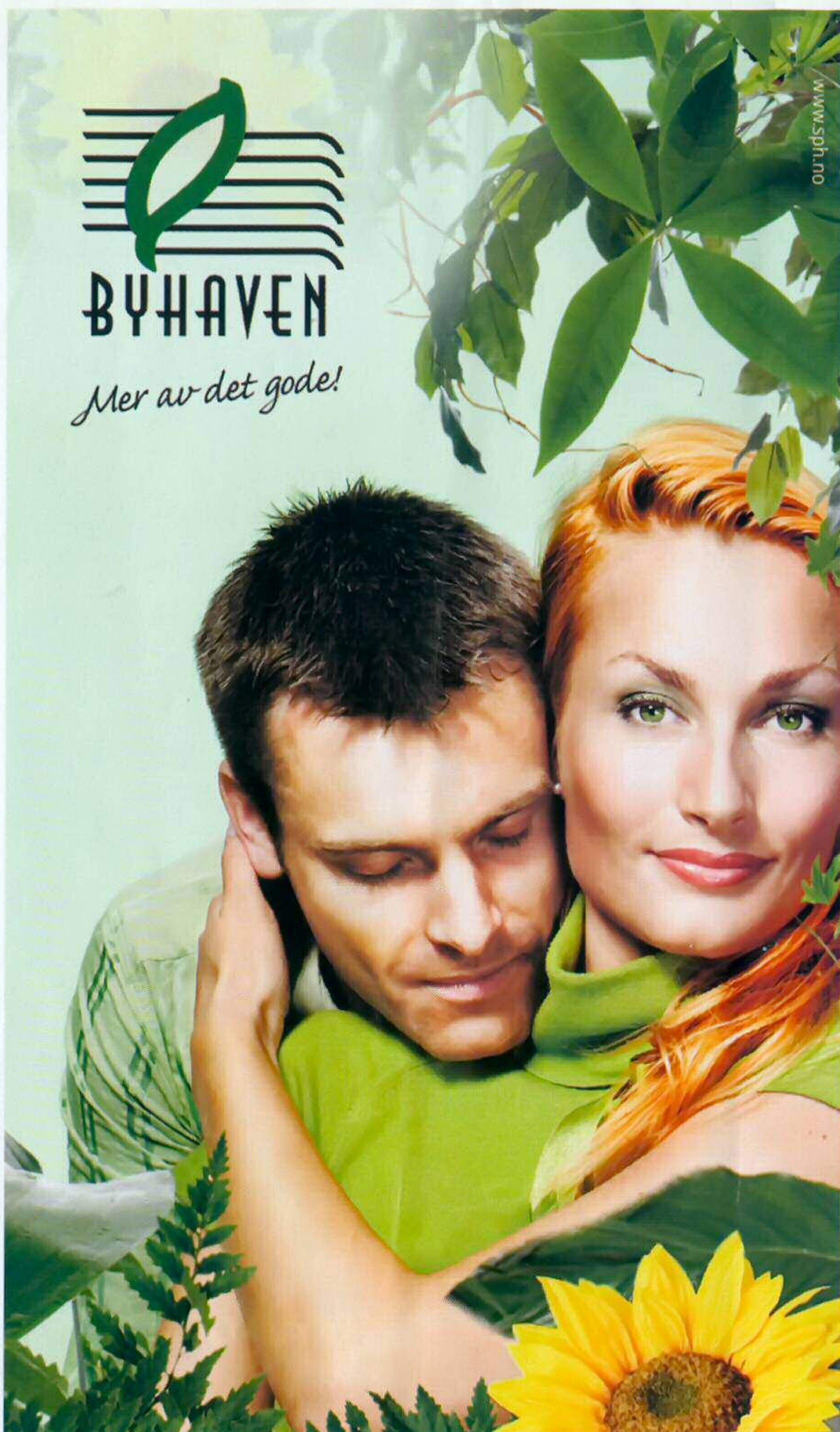
1 Jul – 31 Jul daily except Mondays, departure from Ravnkloa **6 pm**

No landing on Munkholmen on the evening trip

Tickets for either trip: Adults **NOK 140**, children **NOK 55**

Tripps Båtservice, Tel.: +47 73 52 87 15, mobile +47 95 08 21 44

www.trippsbatservice.no , e-mail: post@trippsbatservice.no



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BYHAVENS 42 SHOPS

Olav Tryggvasonsgt. 28 | Tel: 73 80 90 70 | www.byhaven.no

Monday-Friday: 10:am-08pm | Saturday: 09:am-06pm



The Restaurant

The restaurant attaches importance to fresh raw ingredients from near Trondheim, prepared in a Mediterranean style. Our menu always includes a selection of dishes prepared from the best produce of Trøndelag, the largest and most important food-producing region in Norway. It is renowned for a wide range of fish and shellfish, while the local agriculture is characterised by many small farmers who are experts in organic methods and small-scale production. We do our best to place Trøndelag more clearly on the map as a gourmet region, and while we draw our inspiration from the Mediterranean, we try to make good raw ingredients even more delicious without spoiling their distinctive character.

The Bar

The bar lives up to top international standards.

Reception facilities

The reception department upstairs has several rooms, with seating for 8 – 95 people, where a meal can comfortably be combined with wine-tasting, cookery courses or the like

Eating outdoors

In the summer we have 40 comfortable seats outdoors with heating and sunshades!

Opening hours

Monday to Thursday 3 pm – 1 am

Friday and Saturday 3 pm – 2 am

TO ROM OG KJØKKEN
vin brasseri bar

Carl Johans gt 5 - 7010 Trondheim Telephone +47 73 56 89 00 Fax +47 73 56 89 01

e-mail: post@2rok.no - www.toromogkjokken.no

WELCOME TO TRONDHEIM AND 07373



Jarlsberg® – a class of its own

pro&contra Illustration: Ståle Aadland

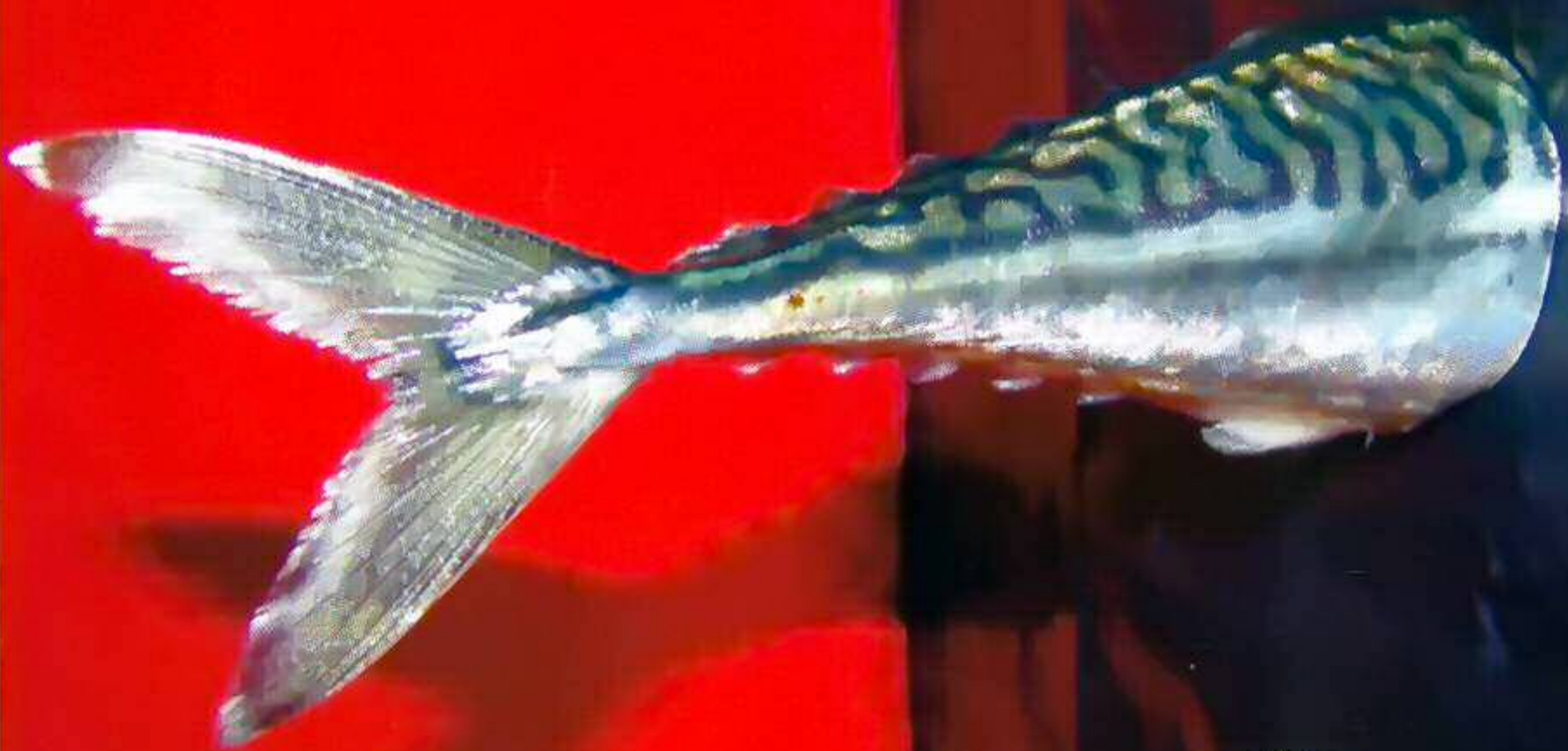


The nutty, full-bodied taste of Jarlsberg® easily transforms everyday dishes into culinary experiences. For new ideas, visit www.jarlsberg.com

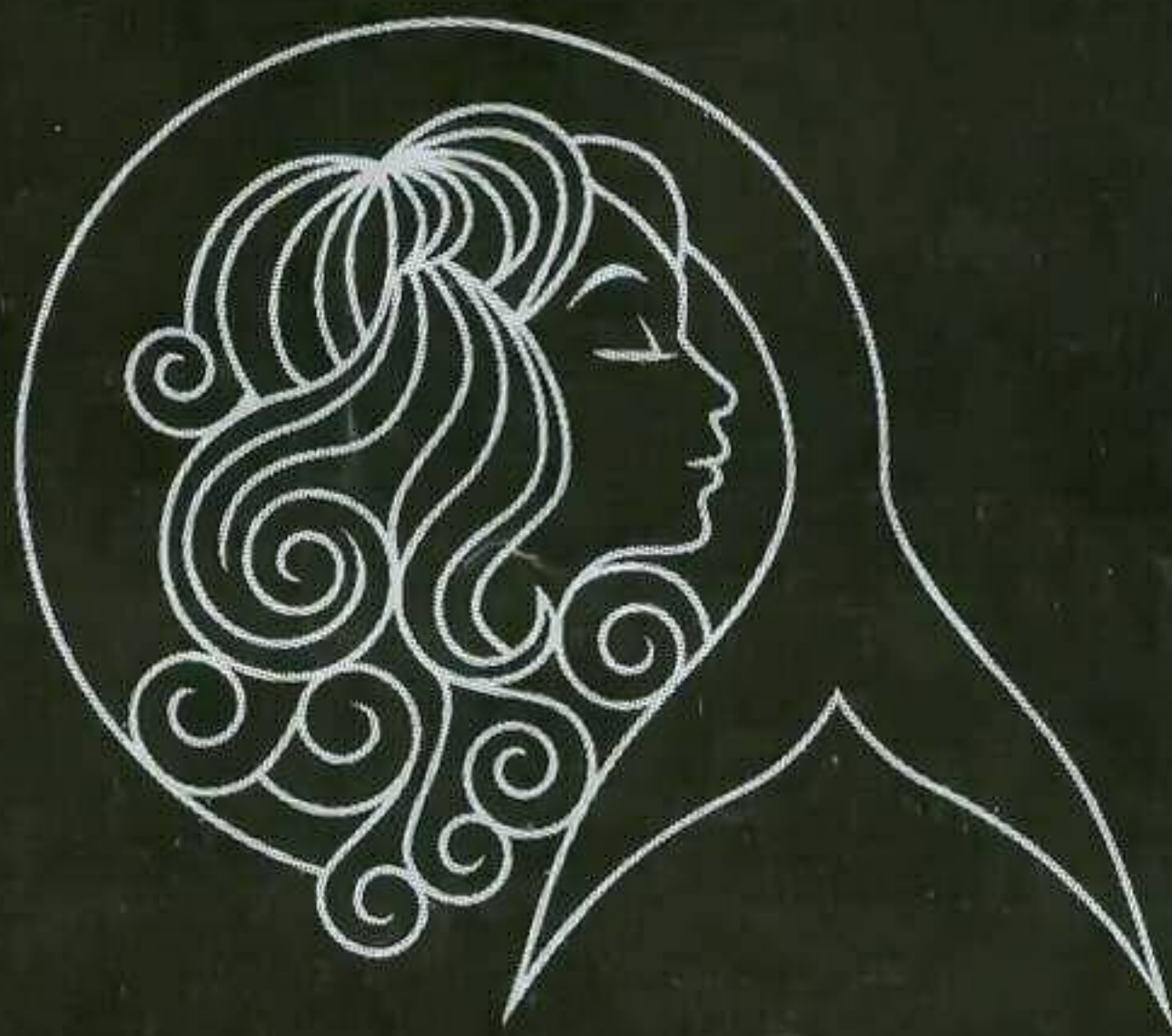


The makers of Jarlsberg®





*The Havfruen fish restaurant is
celebrating 20 wonderful years
of serving fish and shellfish at their best*



havfruen

Fish restaurant – Function rooms – Catering

Kjøpmannsgata 7, 7013 Trondheim - Tel: +47 7387 4070 -
Fax: +47 7387 4071 post@havfruen.no - www.havfruen.no



Tourist Information Office at the Market Square

Tel.: +47 73 80 76 60, fax: +47 73 80 76 70

Munkegata 19, Torget. P.b. 2102, N - 7411 TRONDHEIM

E-mail: touristinfo@visit-trondheim.com www.trondheim.no

The Tourist Information Office is centrally located on the market square, (which you may also see spelt «Torget») in Munkegt. 19.

Ordinary opening hours: Monday - Friday: **9 am - 4 pm**

(Telephone service from 8.30 am) Saturday: **10 am - 2 pm**

Extended opening hours during the summer season.

Information on the Internet

Full information about Trondheim: www.trondheim.no

Pictures of Trondheim: www.trondheimsbilder.no

Henning Meyers drawing of Trondheim: www.trondheimstegningen.no

The statue "Go'dagen" by the Tourist Information Office

The model for the statue by the Tourist Information bureau on the market square was a woman who came to town to work as a housemaid. She was often seen at the market square, and when anyone greeted her, and she answered "Go'dagen" (good day). Bronze, 1983.

Artist: Tone Thiis Schetne.

Trondheim the Conference City

VisitTrondheim AS offers assistance in arranging congresses, conferences, trade fairs, annual meetings and courses in Trondheim. We are happy to help with presentations, guided tours, and assessment of venues. We can recommend the locations best suited to each event. We can also organize loans of presentation materials, as well as contact with conference organizers, travel agencies and secretarial services.

In short - together we will make sure that your gathering is in the best hands, and that participants have a positive experience that they will never forget.

Tel.: +47 73 80 76 66 E-mail: congress@visit-trondheim.com

Trondheim Guide Service

Authorized city guides can be booked through VisitTrondheim AS. We have about 50 guides available, able to speak several different languages. We can customize a programme to suit your wishes.

Please contact VisitTrondheim AS, Tel.: +47 73 80 76 63,

Monday - Friday **8.30 am - 3.30 pm.**

E-mail: guideservice@visit-trondheim.com

Sightseeing

Trondheim's Authorized Guides

Would you like to get to know more about Trondheim's history and cultural life, to see some of our famous attractions - and some of the less well-known ones - and to learn more about everyday life in Trondheim?

Our highly qualified and friendly guides will take you on conducted tours and give you all the information you may need about the sights and the possibilities that Trondheim can offer you. We have about 50 guides, who are proficient in a number of languages. In the summer, we organize standard tours every day, but we can also tailor a tour to your own requirements. The guides of Trondheim welcome you to an enjoyable tour of our city. Telephone +47 73 80 76 63

Monday - Friday: **8.30 am - 3.30 pm.**

E-mail: guideservice@visit-trondheim.com

Guided tour of the city

A tour of Trondheim and its outskirts. We visit the Haltdalen Stave church at the Trøndelag Folk Museum, pass the Norwegian University of Science and Technology, Kristiansten Fort, the Royal Residence and the Cathedral. A brief stop at the viewpoints for photography.

Daily at **11 am** from **21 May to 26 August** Duration 2 hours.
Departure from McDonald's next to the shopping centre Trondheim Torg.
Languages: Norwegian, English, German

Prices: pr.person **NOK 185**
Senior citizens **NOK 160**
Children under 16 free in the company of adults.

Tickets sold at the Tourist Information Office. After the tour, the coach will continue immediately to the Ringve Museum.

Harbour sightseeing Boat trip lasting 1 hour + 20 minutes

We sail you round the canal harbour, up the river Nid and the fjord. There is a wonderful view of Trondheim from the sea, and you will enjoy views of the wharves and the Old Town Bridge. You can land on Munkholmen island and return by ferry later (included in the price).

Daily except Mondays from **23 Jun – 12 Aug**, departures **12.00** and **2.30 pm**
15 Aug – 16 Sep Wednesday, Friday and Sunday, departure **2.30 pm**

Adults **NOK 140**
Children **NOK 55**

Tickets are sold on the boat. Both day and evening tours (see below) will be available only if there are at least 5 passengers. Departure from Ravnkloa.

Evening boat tour, About one hour

Programme: as for Harbour sightseeing, but there is no landing on Munkholmen.

From Friday **1 July** to Sunday **31 July**, except Mondays.
Departure **6 pm** from Ravnkloa.
Prices: adults **NOK 140**,
Children (3 – 14) **NOK 55**.
Tickets are sold on the boat.

Key to symbols



Accessible for wheelchair users accompanied by a helper.



Accessible for wheelchair users without a helper.



Facts about the Municipality of Trondheim

Chairman of the Council: Rita Ottervik (Norwegian Labour Party)

Population in Aug. 2006: 160 000

Area: 342 km²

Highest point: Storheia, 566 metres above sea level

Municipal boundaries:

Malvik in the east, Selbu in the south east, Klæbu and Melhus in the south, the Trondheim fjord in the north and west.

Name of the city: Nidaros - Trondhjem - Trondheim

The name of the city at the mouth of the river Nid has changed several times. The oldest known name is Nidaros, which means "town by the estuary". In the late Middle Ages it was called "the Market town in Trondheimen", later shortened to Trondheim (Home of the Trønder). Under Danish rule (1450 – 1814) the name of the city was spelt Trondhjem, but it was generally known as Staden or Byen (the City or the Town). From 1 January 1930 the Norwegian Parliament voted to change the name to Nidaros, but the residents and the City Council did not agree to the change. As a compromise, Parliament decided on 6 March the same year that the city should be called **Trondheim**.

The Trondheim fjord

The third longest Norwegian fjord, 130km

Deepest point 617m at Agdenes

Climate:

Average annual precipitation: 892mm

Normally 200 days a year with precipitation

70-100 days covered in snow

Average temperatures (°C):

All year: 6.4

January: ÷3.4

July: 14.3

Distances (km):

From Røros: 155

From Oppdal: 119

From Oslo: 495

From Bergen: 657

From Tromsø: 1153

From the North Cape: 1624

BAKLANDET SKYDSSTATION

Øvre Bakklandet 33,
tel: +47 7392 1044



Open every day 12 noon - 01am. Norwegian and international menu: Try our bacalao and fish soup! Lunches and light meals. Beer, wines and spirits.
www.skydsstation.no



Bakklandet

The east bank of the river Nid. The old wooden buildings were formerly workers' dwellings. Now partly restored as homes or distinctive shops and restaurants.

The Wharves

The oldest of the wharves along the River Nid date from the 18th century, and show what the riverbank looked like in that period. The wharves on the seaward side by the canal are more recent, dating from the 19th and 20th centuries.

Gamle Bybro

– the old town bridge – was first built on this site in 1681. At the same time, Kristiansten Fort was under construction. A sentry and excise house stood at either end of the bridge. The excise house on the west side is still standing and is in use as a kindergarten. The bridge and gates as they now stand were built in 1861 by Carl Adolf Dahl, the municipal officer in charge of public buildings and works.

The Trampe bicycle lift

Trondheim is the first city in the world with a lift specifically designed for cyclists. The bicycle lift, developed in Trondheim, goes up the steep hill at Brubakken near Gamle Bybro, and it takes you from the bridge and almost all the way up to the Kristiansten Fort.

For test-runs, you need a lift card and a bike. The lift card is available at the Tourist Information Office at the market square, or Sykkelbua and Dromedar Kaffebar at the starting point of the lift. Further information about the cycle lift is available at the starting point or from Design Management AS, Tel.: +47 9262 9891

www.trampe.no

Bakklandets Allsidige Selskap

Bakgårdsgalleriet
Nedre Bakklandet 39, 7014 Trondhjem
Gallery open all year. Garden with exhibitions and open-air concerts in the summer months
krm@allsidige.com www.allsidige.com





Hospitalsløggen

– the area surrounding the old “Trondhjem Hospital”, the oldest social institution in Scandinavia. Most of the typical old timber dwellings have been restored and are occupied by people who prove that city centres can be attractive places to live.

Hospitalskirken

Built in 1705. The earliest wooden octagonal church in Norway and Sweden. Next to Trondheim’s Hospital (founded in 1277).

The Jewish Museum



Arkitekt Christies gt. 1b, (Synagogue building)

7013 Trondheim.

Tel.: +47 73 52 94 34

www.jodiskemuseum.no

E-mail: museum@dmf.trondheim.no

Sunday **12 noon - 3 pm**

20 June – 15 August

Mon - Thurs **10 am - 16 am**

and by arrangement. Price **kr. 25,-**



Kristiansten Fortress



The fort was built after the great city fire in 1681, and now stands guard over the city. It saved the city from conquest by Sweden in 1718. From the fort, there is a spectacular view over Trondheim and its surroundings, the fjord and the mountains. Under German occupation from 1940 to 1945, the fort was used as a place of execution for Norwegian members of the Resistance. A plaque has been erected in their memory.

The gates of the fort are open on Monday while the flag is raised. Tuesday to Sunday from **8 am to midnight**. The fort building (the tower) is only open from **1 June to 31 August**.

Daily **11 am - 4 pm**.

Leiv Eiriksson statue – emigrant monument

Pirsenteret, Brattøra. Bus to Pier terminal. Gift from American descendants of Scandinavian emigrants for Trondheim’s Millennium in 1997. In honour of emigrants who left Norway to seek freedom and opportunity in the USA. This monument is an exact copy of the original in Seattle.



Trondheim REN BY

PLEASE HELP US

- TO KEEP OUR CITY CLEAN-



Munkholmen

Munkholmen

"The Monks' Island". This was Trondheim's execution ground in ancient times. Benedictine monks built a monastery on the island very early in the 11th century, probably one of the first two monasteries in Scandinavia.

In 1658 it was converted into a prison and fort, later becoming a customs house. Its most famous inmate was the Danish Count Peder Griffenfeld, who spent 18 years as a prisoner on the island. Today this is a popular recreational area, with good bathing and a restaurant.

Ferry from Ravnkloa to Munkholmen:

19 May – 31 May	10 am – 4 pm
1 Jun – 19 Aug	10 am – 6 pm
20 Aug – 9 Sep	10 am – 4 pm

In good weather the ferry sails continually and may sail for longer than the normal scheduled times.

Return from Munkholmen:
departure 15 minutes past the hour.

Adults **NOK 50.-**, children **NOK 30.-**,
Prams **NOK 30.-**.

These prices apply for a return trip.

Guided tours **19 May – 09 Sept.**

Tour of the tower once every hour.

Adults **NOK 30.-**. Children **NOK 20.-**.

The café is open when the ferry sails. Exhibitions of crafts and domestic industry from Trøndelag are shown in the former guardhouse.

Group tours can be arranged from mid **April – 30 Sept.**

Restaurant seating for 300 people. Enquiries to Nova hotel, courses and conferences.

Tel.: +47 73 80 63 00,

fax: +47 73 50 20 42

e-mail: post@nova-hotell.no

Church ruins from the Middle Ages



During excavation work on the site of the new public library, archaeologists found the ruins of a church which was built in the mid-12th century. Parts of the ruins and a group of well-preserved skeletons from the graveyard can be seen during opening hours in the courtyard between the old and the new library buildings. In the basement of SpareBank 1 Midt-Norge are the ruins of a church -dating back to the Middle Ages. They were discovered during archaeological excavations prior to erecting a new building for the bank. The ruins can be viewed during bank opening hours.

Vitensenteret, Science centre

Kongensgt. 1,
Telephone: +47 73 59 61 23.
Telefax: +47 73 59 61 20.
E-mail: postkasse@viten.ntnu.no,
www.viten.ntnu.no

Popular-science adventure centre. You can experiment with over 150 models and visitors of all ages will find revelations. Central location at Kongensgt. 1.

Opening hours:

15 Jun – 15 Aug.:

Mon. – Fri.: **10 am – 5 pm**

Sat. – Sun.: **11 am – 5 pm.**

16 Aug. – 14 Jun.:

Mon. – Fri.: **10 am – 4 pm.**

Sat – Sun.: **11 am – 5 pm**

Prices:

Children/ Students/ Senior citizens

NOK 45.- Adults **NOK 65.-**

Families **NOK 140.-**

Rights reserved to adjust prices.



Nidaros Cathedral



www.nidarosdomen.no

This is the national sanctuary of Norway, built over the tomb of Saint Olav. Building began in 1070, but the oldest surviving parts are from the middle of the 12th century. Most of the cathedral is built in the Gothic style, but the earliest parts are Romanesque. It was completed in about 1300, but was damaged several times by fire, and much of the cathedral lay in ruins at the time of the Reformation in 1537. In 1869 an extensive restoration was begun, and after more than 100 years of work, the cathedral has now regained its former glory. The stained glass windows date from the early 20th century. The sculptures on the west front are by leading Norwegian artists, and the most recent was erected in 1983. There are mediaeval tombs in the crypt below the nave.

Open for			
Guided tours	Weekdays	Saturdays	Sundays and holidays
1 May – 10 June	9 am – 3 pm	9 am – 2 pm	12 noon – 4 pm
11 June – 19 Aug.	9 am – 6 pm	9 am – 2 pm	12 noon – 4 pm
20 Aug. – 14 Sep.	9 am – 3 pm	9 am – 2 pm	12 noon – 4 pm
15 Sep. – 30 April	12 noon – 2.30 pm	11.30 am – 2 pm	12 noon – 4 pm

These times may be altered or the cathedral may be closed to prepare for church services or other arrangements.

20 Aug. – mid June 2008: Service with organ music on Saturdays at 1 pm

11 June – 19 Aug.: Guided tours daily in Norwegian, English, German and French.

Organ recital: Monday – Saturday at 1 pm.

Service with music: Monday – Friday 5.40 – 6 pm.

Access to the tower: See the notices in the Visitors' centre

Admission to Nidaros cathedral: adults **NOK 50.-**, children **NOK 25.-**, family ticket **NOK 125.-**.

All-in-one ticket to Nidaros cathedral, the Archbishop's Palace Museum and the National Regalia: adults **NOK 100.-**, children **NOK 50.-**, family ticket **NOK 200.-**.

In the period from **26 July – 04 Aug.** the church may be closed to prepare for church services or concerts.

Booking guided tours for groups:

Nidaros Domkirkes Restaureringsarbeider,

Tel: +47 7353 9160, Monday - Friday **08.30 am – 02.30 pm.**

e-mail: booking.ndr@kirken.no

Services

Services are held every Sunday at **11 am** and **6 pm**.

The cathedral normally opens one hour before the service.

Midday prayers Monday to Saturday, except Wednesday, at **12.15 pm**.

Evensong every Friday at 7 pm.

Summer service with music Monday – Friday **5.40 – 6 pm** from **11 June to 19 Aug.**

Service in English every second and third Sunday in the month at **6 pm**.

Other service times are announced on notice boards in the cathedral and in the local paper 'Adresseavisen'.

For concerts see the separate programme for 'Music in the Nidaros Cathedral'.

Contact address: Nidaros Domkirkens menighet, Kongsgårdsgt. 2, N-7013 Trondheim.

Tel.: +47 7353 8480 / Fax: +47 7353 8490

e-mail: post@nidarosdomen.no www.nidarosdomen.no

Erkebispegården – the Archbishop's palace

www.nidarosdomen.no

The Archbishop's Palace in Trondheim is one of the best-preserved buildings of its kind in Europe. Today it houses a number of exhibitions: the Norwegian national regalia, the Army Museum and Resistance museum and the Archbishop's Palace museum. The oldest buildings, including the Archbishop's hall nearest the cathedral, are used today for receptions

The Archbishop's Palace museum:

The museum shows original sculptures from Nidaros cathedral and archaeological finds from the dramatic history of the Archbishop's palace. You can also see the Archbishop's mint just as it was found by archaeologists.

Opening hours	Monday – Friday	Saturdays	Sundays
1 May – 10 June	10 am – 3 pm	10 am – 3 pm	12 noon – 4 pm
11 June – 19 Aug.	10 am – 4 pm	10 am – 3 pm	12 noon – 4 pm
20 Aug. – 14 Sep.	10 am – 3 pm	10 am – 3 pm	12 noon – 4 pm
15 Sep. – 30 April*	11 am – 2 pm	11 am – 3 pm	12 noon – 4 pm

*15 Sep. – 30 Apr. closed on Mondays and Tuesdays

11 June – 19 August

The museum and north wing of the Archbishop's Palace: Daily guided tours in Norwegian and English. The chapel in the archbishop's Palace was consecrated in 1997 and is one of the oldest medieval vaulted buildings in Norway. Open during the museum's opening hours. Admission free.

Tickets to the Archbishop's Palace Museum: Adults, **NOK 50.-**

children **NOK 25.-** family ticket **NOK 125.-**. All-in-one ticket to Nidaros Cathedral, the Archbishop's Palace Museum and the National Regalia: adults **NOK 100.-**, children **NOK 50.-**, family ticket **NOK 200.-**.



National Regalia



www.riksregaliene.no

The Norwegian crown and national regalia were acquired after 1814, and are perhaps the most symbolic objects in the country. They symbolise that Norway is governed as a constitutional monarchy, and are still used on certain ceremonial occasions. The national regalia are exhibited together with the other regalia used at coronations.

Opening hours	Monday – Friday	Saturdays	Sundays
1 May – 10 June	10 am – 3 pm	10 am – 3 pm	12 noon – 4 pm
11 June – 19 Aug	10 am – 4 pm	10 am – 3 pm	12 noon – 4 pm
20 Aug. – 14 Sep	10 am – 3 pm	10 am – 3 pm	12 noon – 4 pm
15 Sep. – 30 April*	11 am – 2 pm	11 am – 3 pm	12 noon – 4 pm

*15 Sep. – 30 April closed on Mondays and Tuesdays.

Admission to the National Regalia: Adults **NOK 70.-**, Children **NOK 25.-**, Family ticket **NOK 165.-**. All-in-one ticket to Nidaros Cathedral, the Archbishop's Palace Museum and the National Regalia: adults **NOK 100.-**, children **NOK 50.-**, family ticket **NOK 200.-**.

Booking for guided tours:

Nidaros Domkirkes Restaureringsarbeider,

Tel.: +47 73 53 91 60, Monday – Friday **08.30 am – 14.30 pm**.

e-mail: booking.ndr@kirken.no

National Museum of Decorative Arts

Craftsmanship & design through the centuries.

Three storeys filled with historic and modern collections of craftsmanship & design in glass, silver, costumes, textiles, furniture and ceramics. The museum shows changing exhibitions of work by national and international artists and craftsmen. The museum also possesses a unique collection of Japanese art craftsmanship, the only one of its kind in Norway. High quality art and design can be bought in the museum shop.

Opening hours	Mon – Wed/Fri – Sat	Thursdays	Sundays
1 June – 20 Aug.	10 am – 5 pm	10 am – 5 pm	12 noon – 5 pm
21 Aug. – 31 May	10 am – 3 pm	10 am – 5 pm	12 noon – 4 pm

Admission: Adults **NOK 60.-**, Concessions/students **NOK 40.-**, Children **NOK 30.-** Family ticket **NOK 100.-**; Group ticket (Groups of more than 10) per person **NOK 40.-**.

Charge for guide outside normal opening hours: **NOK 500.-**

NB! In the period from **21 Aug – 31 May** the museum is closed on Mondays.

Munkegt. 5, 7013 Trondheim

Telephone: +47 73 8 0 89 50, fax: +47 73 80 89 51,

e-mail: nkmuseum@nkim.museum.no www.nkim.museum.no

The National Norwegian Museum of Justice

Kongens gate 95
Entry from the street Erling Skakkes gate
Tel: 73 89 92 03

The National Norwegian Museum of Justice shows various exhibitions of the history of crime in Norway. A very special collection commemorates the Nazi occupation 1940-1945.

For further information, please search our Internet-sides
www.norsk-rettsmuseum.no
Open: Monday-Friday: **10.00-15.00**
Free of charge. For conducted tours and groups by appointment.

Norwegian Telecom Museum – at Sverresborg, Trøndelag Folk Museum

Did you know that telephones made their appearance in Trondheim as early as 1877, or that it cost as much as 50 kroner a year to have a telephone in 1889?

Visit our exhibition, which includes fascinating pictures and information, or try making a call yourself.

Opening hours: **1 June - 31 August:**
every day **12 am - 6 pm**
Otherwise by appointment.
Telephone all year round:
+47 73 89 01 00.
E-mail: post@norsktele.museum.no
Internet: www.norsktele.museum.no

NTNU Museum of Natural History and Archaeology



The Museum of Natural History and Archaeology, Erling Skakkes gt. 47 provides an enjoyable learning experience at the centre of town. Exhibitions of natural history, and culture, museum shop and café.

The exhibitions show aspects of pre-history, the Middle Ages, church furnishings, church art, southern sami culture, mammals, the environment, fish and marine animals, a diorama about Trøndelag, minerals and crystals.

Opening hours	Mon – Fri	Sat – Sun
2 May – 14 Sep	09 am – 4 pm	11 am – 4 pm
15 Sep – 20 April	09 am – 2 pm	12 noon – 4 pm

Tel.: +47 7359 2145, e-mail: post@vm.ntnu.no www.ntnu.no/vmuseet

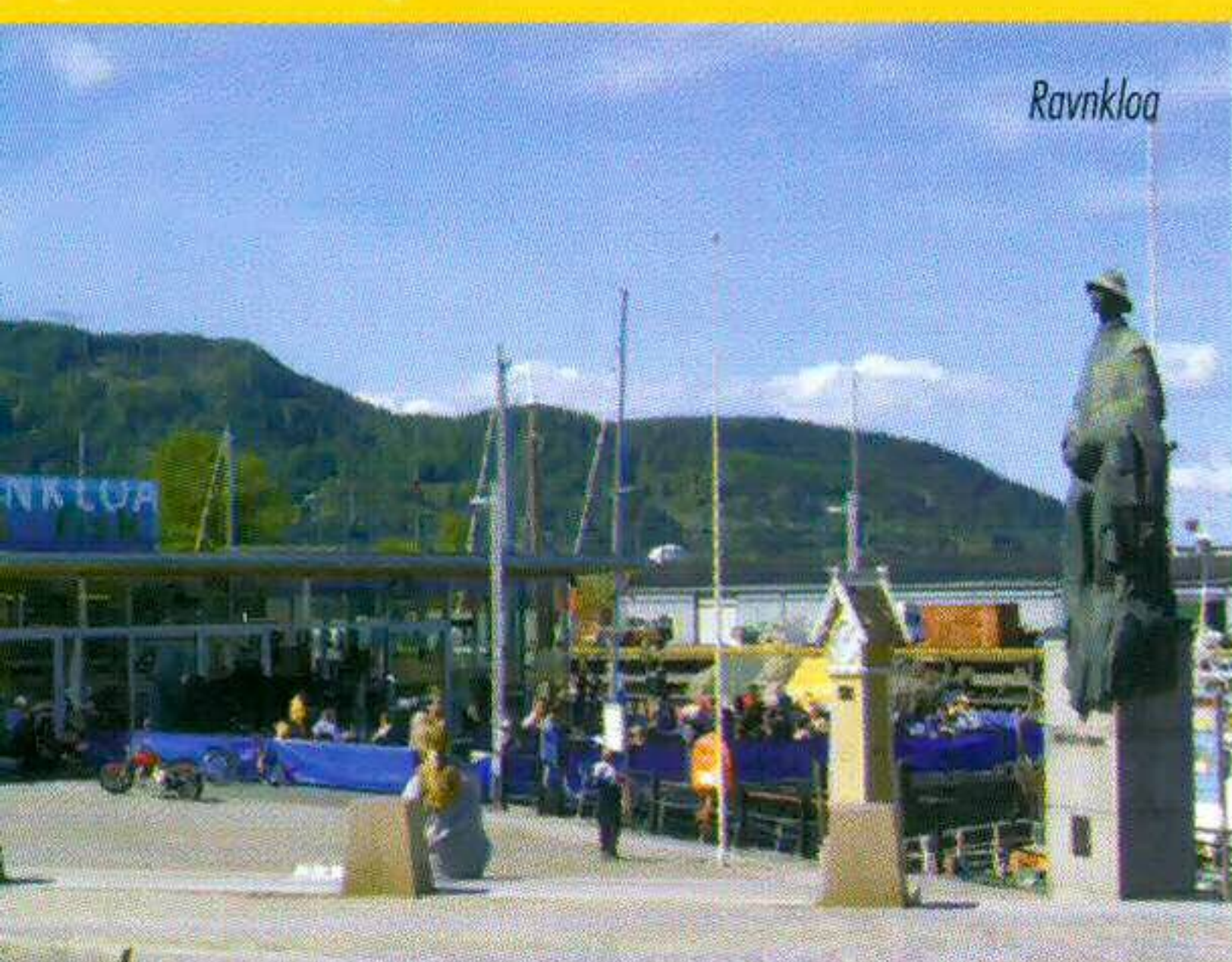
Norwegian University of Science and Technology – NTNU

N-7491 Trondheim. Telephone: +47 73 59 50 00. www.ntnu.no

As well as having national responsibility for technological studies in Norway, the Norwegian University of Science and Technology has breadth and strength in many other disciplines. With its 20,000 students, the University is the next largest in Norway, divided mainly between the two campuses Gløshaugen and Dragvoll.

Lerkendal Stadium

Klæbuveien 123, 2 km south of the centre. Rosenborg Ballklub's home ground. Built in 1947, and recent improvements were completed in 2002. Seating for 21 166.



Ravnkloa

Ravnkloa at the lower end of Munkegata

The city's fish market and the old Ravnkloa clock. Boats to Munkholmen island.

Ranheim Bydels Museum

The Ranheim community museum is at the Ranheim railway station, Ranheimsveien 201.

The collections show everyday life in a rural community with a large industrial enterprise in its centre. Ranheim Paper Mill has its own collection in the museum. Refreshments. Bus no. 6 stops at the museum.

Opening hours:
Sundays: **12 noon – 3 pm.**
Adults: **NOK 10.** Coffee and waffles on sale.



Ringve Botanical Gardens

Lade allé 58,
Tel.: +47 73 59 22 69.

The Ringve Botanical Gardens form part of the university's Vitenskapsmuseet (Museum of Natural History and Archaeology). The gardens include a systematic section showing the relationship between plants, a historical Renaissance-style herb garden, a collection of trees from the northern hemisphere, a primula garden and a park in the English landscape style. Open every day. Outdoor area, admission free. Guided tours by appointment.

Army museum/Resistance Museum



One of Norway's oldest museums, in the "Indre Kongsgård" (inner palace) at the Archbishop's Palace. The museum shows the development of the army from Viking times to the present. The Resistance museum focuses on events in Central Norway during World War II. The names of all the people from Central Norway who lost their lives during the war are recorded in a memorial hall.

Open: **1 June - 31 Aug.:**
Weekdays from **9 am - 3 pm;**
Saturdays and Sundays from **11 am to 4 pm.**

Guided tours by appointment throughout the year.
Tel.: +47 73 99 52 80/81/82
Fax: +47 73 99 52 88.
E-mail: rustkammeret@start.no

Skansen

The remains of Trondheim's defences towards the west, where the city gate used to be. Today a park with a good view of the fjord.

Tramway museum – Munkvoll

Munkvoll Station on the Gråkallbanen line. Collection of old Trondheim trams. Photo exhibition and souvenirs. Accessible by tram from town centre

Opening hours:
31 May – 21 June Thursdays
21 June – 19 Aug Thur, Fri, Sat, Sun
26 Aug – 30 Sep Sundays
All dates **from 12 noon – 3 pm**
On Saturdays when the summer timetable applies, veteran trams run from St. Olav street (in town) and Lian. Association for Tramway History

E-mail: shf@graakallbanen.no
www.graakallbanen.no

Ringve Museum

Lade Allé 60, Bus no 3 or 4 from Munkegaten to Ringve Museum

Tel.: +47 73 87 02 80, fax: +47 73 87 02 81

E-mail: firmapost@ringve.no www.ringve.no

Ringve is the Norwegian national museum of music and musical instruments, with collections from all round the world. The museum is housed in Ringve Gård, one of the most traditional places of entertainment in Lade, just outside the centre of Trondheim. Tordenskiold Kro serves tempting cakes and delicious lunches.

Opening hours:

1 Jan – 15 Apr:	11 am – 4 pm Sundays
16 Apr – 16 May:	11 am – 3 pm Man – Fri; 11 am – 4 pm Sun
18 May – 16 June:	11 am – 3 pm all days
17 June – 5 Aug:	11 am – 5 pm all days
6 Aug – 9 Sep:	11 am – 3 pm all days
10 Sep – 23 Dec:	11 am – 4 pm Sundays

Ringve has two permanent exhibitions:

In the Museum in the main building our guides show you round and demonstrate a selection of the instruments. The original interiors provide a unique setting and make it more than just a musical experience.

Guided tours in Norwegian, English. German and French.

Daily children's tour **17 June – 5 Aug.**

Open 1 April – 31 Oct.

The museum in the barn shows our newest exhibition of instruments from cembalos and Hardanger fiddles to electric guitars and synthesizers. Traditional instruments from around the world are on show, as well as Norwegian folk music instruments.

Open all year.

Prices: Adults: **NOK 75.-**, Pens.& Stud. **NOK 50.-**, Children (7 - 15)

NOK 25.-, Family: **NOK 150.-**. Groups please book in advance.

Admission free from **1 November - 31 March.**



Trondheim Kino

Nova Kinosenter, 11 screens,
Cicignons plass.

Prinsen Kinosenter, 8 screens,
Prinsens gt. 2B.

Open every day (except Christmas Eve).
Buy tickets on the Internet, at the Nova or
Prinsen box offices, or at Trondheim Torg:
information desk.

See the daily programme in Adresseavisen,
or on the Internet.

www.trondheimkino.no



Stiftsgården – The Royal residence in Trondheim

Stiftsgården. The palace was built as a private residence when the city flourished at the end of the 18th century, but was taken over by the state in 1800. Many magnificent original details have been preserved. Guided tours round the official chambers also include the royal interiors from the 19th and 20th centuries, giving a glimpse of the festivities held during Royal visits and the coronation and blessing ceremonies in Trondheim during the last two centuries.

Opening hours

1 June – 20 Aug: Mon Sat **10 am – 5 pm**, Sundays **12 noon – 5 pm**.

Guided tours every full hour. Last tour: 1 hour before closing time. Visitors may only enter the Stiftsgården accompanied by a guide. Reservation for closing during Royal visits.

Prices: Adults **NOK 60.-**; Concessions & students **NOK 40.-**;

Children **NOK 30.-**;

Family ticket **NOK 100.-**; Groups (more than 10 people) per person:

NOK 40.- Fee for guided tours outside normal opening hours: **NOK 500.-**

Munkegt. 23, 7011 Trondheim

Information during opening hours: tel.: +47 7384 2880, or contact Nordenfjeldske Kunstindustrimuseum,

Telephone: +47 7380 8950, fax: +47 7380 8951,

e-mail: nkmuseum@nkim.museum.no www.nkim.museum.no/stiftsgarden.htm

Sukkerhuset

– the Sugar Factory at Kalvskinnet. Originally built as a sugar refinery in 1752, later a brewery from 1856 to 1984. This is the oldest factory building in existence in Norway. The building is seen on some of the local brewery's bottle labels.

Sverresborg, Trøndelag Folk Museum



Museum of cultural history around the ruins of King Sverre's mediaeval castle. Large open-air museum with wooden buildings and scenes from Trondheim and Trøndelag, including Haltdalen stave church and the Hans Nissen farm.

Beautiful indoor exhibitions: "Images of life" – depicting life in the region in the last 150 years, and the theme theatre "The Trønder bride", Ski museum etc.

Many activities for children and young families: dramatised guided tours – Living farm milieu with animals – the World of Captain K. Museum of the year in 2005.

Museum shop – Café Bagle – Vertshuset Tavern

Sverresborg allé 13, Bus no. 8 towards Stavset.

Tel. +47 73 89 01 00, fax +47 73 89 01 50. www.sverresborg.no

Opening hours: 1 June – 31 August: daily 11 am – 6 pm
 1 September - 31 May: Mon – Fri 11 am – 3 pm, Sat - Sun 12 noon – 4 pm
 Groups can visit the museum at other times by appointment
Admission: 1 June – 31 August: Adults **NOK 80**, children **NOK 30**,
 senior citizens/students **NOK 55**, family **NOK 195**,
 1 Sep – 31 May: Adults **NOK 50**, children **NOK 25**, senior citizens/students
NOK 35, family **NOK 125**, Season tickets at modest prices.
www.sverresborg.no

Learning is fun for old and young at Sverresborg



Opening hours:
 1 June – 31 Aug: 11 am – 6 pm
 1 Sep – 31 May: Mon - Fri 11 am – 3 pm
 Sat & Sun 12 noon – 4 pm
 Sverresborg allé, 7020 Trondheim
 Bus no. 8 to Stavset from town centre
 Tel.: +47 7389 0100/10
www.sverresborg.no



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 Tel: +47 7380 8950
 Fax: +47 7380 8951
 e-mail: nkmuseum@nkim.museum.no
www.nkim.museum.no



Olav Tryggvason Statue

This 18-metre (58-foot) high statue stands at the centre of the town square and commemorates the Viking king Olav Tryggvason who founded the city in 997. Sculptor: Wilhelm Rasmussen. Round the statue the cobblestone mosaic forms a gigantic sundial.

Trondhjem Maritime Museum

Trondhjem Maritime Museum, Fjordgata 6A.

The 'old slavery' dating from 1725 now houses Trondhjem maritime museum. The museum is being refurbished and the exhibitions reconstructed. In 2007 The exhibition "100 years of steam" will be shown.

1 June – 31 August 10 am – 16 pm. Tel. +47 7352 8975/ +47 73 89 01 00. Adults **NOK 25**; Children, students, concessions **NOK 15.-**.

Tyholttårnet



Can be reached by buses no. 20 and 60. 120 metre (400 ft) tall tower built by AS Tårnhuset and the Telecommunications Authority for modern radio and telecommunications. A popular place to visit, with a spectacular view and a rotating Egon restaurant 74 metres (243 ft) up in the air.

Egon Restaurant: Open Monday – Thursday from **11 am to 11 pm**.

Friday - Saturday from **11 am to 11.30 pm**.

Sundays and public holidays: **Noon to 10 pm**.

Tel.: +47 73 87 35 00, fax: +47 73 87 35 01

E-mail: taarnet@egon.no www.egon.no

Vår Frue Kirke

The Church of Our Lady in Trondheim will be celebrating its 800th anniversary in 2007 on the evidence that the church was mentioned for the first time in written sources dating from 1207. It was restored in 1739, but parts of the thick walls of the Church are obviously much older.

Open church every Wednesday

11 am – 2.30 pm. Matinée concert every Saturday at **2 pm** throughout the school year, admission free.

Thursday Mass every Thursday at

6.30 pm. Soup served at **6 pm**.

Church open at night every Friday.

Old city streets

The narrow streets and alleys ("veitene") that were typical of the old Trondheim, now with modern shops and houses.

Waisenhuset

Kongsgårdsgata 2 near Nidaros cathedral.

The Waisenhuset was one of the first social institutions in Trondheim. The word "waise" comes from the German word for an "orphan", and from 1732 orphaned children were sheltered and sent to school here. The present building dates from 1771, and is used today as offices for the dean of the cathedral and the parish priest.



Trøndelag Theatre

Prinsens gate 18-20. Tel.: +47 73 80 50 00 www.trondelag-teater.no
Norway's only auditorium in constant use since 1816.
New theatre building from 1997.

Trondhjems Kunstforening

Bispegt. 9a, Tel.: +47 73 52 66 71, Fax: +47 73 51 22 33
Norwegian and international contemporary art. Art shop and gallery.
Opening hours: Tue - Fri: **11 am - 4 pm**. Sat - Sun: **12 noon - 4 pm**.
Monday closed.
E-mail: post@tkf.no, www.tkf.no



Trondheim Kunstmuseum

(Art Gallery). Bispegt. 7B.
7013 Trondheim.
Tel.: +47 73 53 81 80.
Fax: +47 73 53 81 70.
E-mail: kunst@tkm.museum.no
www.tkm.museum.no

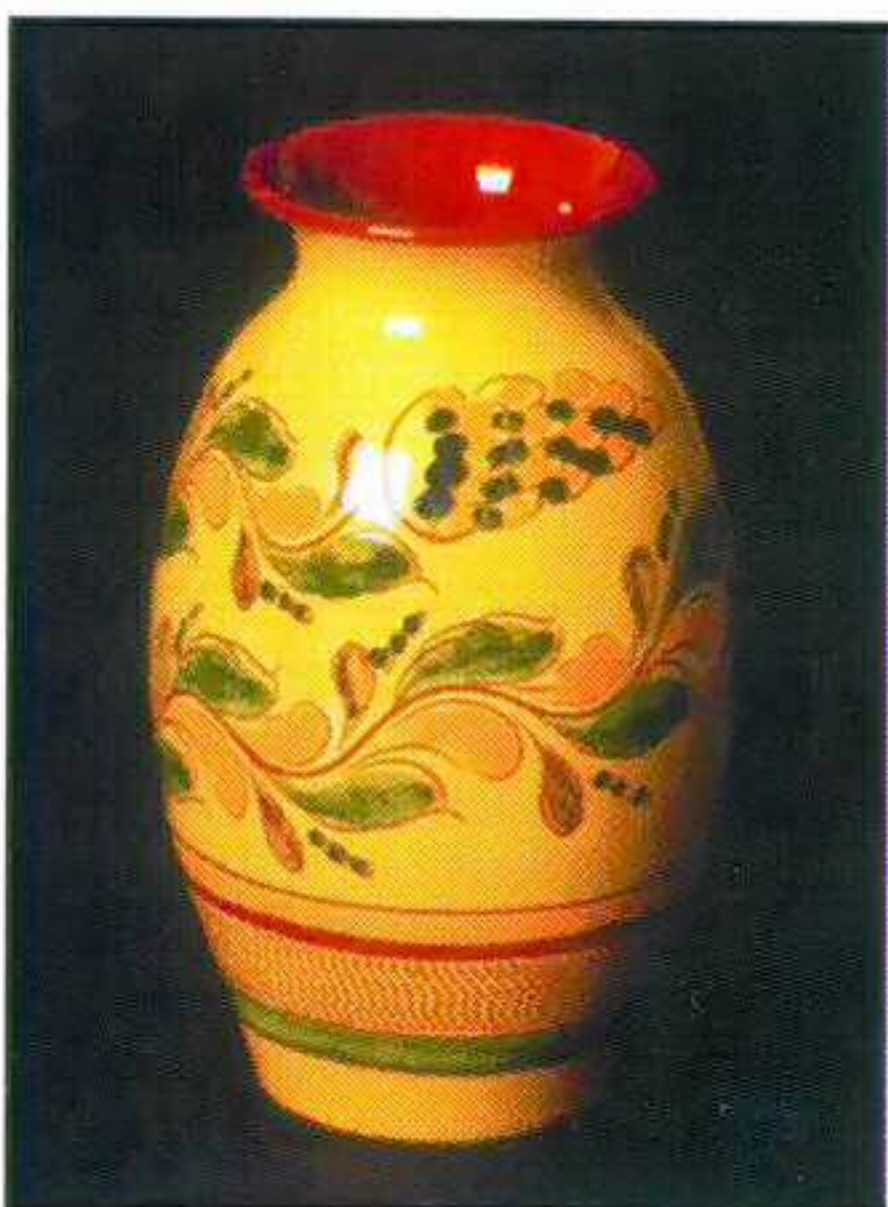
Opening hours:
1 Jun - 31 Aug: daily **10 am - 5 pm**.
1 Sep - 31 May: Tuesday – Sunday:
11 am - 4 pm. Mondays closed.
The gallery is neighbour to the Nidaros Cathedral, and shows varying exhibitions of Norwegian and international art. The museum has the third largest art collection, with emphasis on Norwegian art from 1850 to the present. Guided tours – museum shop – café
Adults **NOK 40.-**
Children and students **NOK 20.-**
Senior citizens **NOK 30.-**
Family tickets **NOK 80.-**

The Trøndelag Centre for Contemporary Art

Fjordgata 11 (the Bachke building),
Tel.: +47 73 52 49 10,
Fax: +47 73 51 56 10

Art gallery for contemporary art.
Administration offices for the painters' and artists' unions.
Art liaison service, advisory service, artistic decoration.

Opening hours:
Administration: weekdays
8.30 am – 3.30 pm.
Art gallery: Weekdays **10 am – 3 pm**,
Thurs **10 am – 7 pm**,
Sat and Sun **12 noon – 4 pm**.
Closed on Mondays.
Admission free.
www.samtidskunst.no
e-mail: post@samtidskunst.no



Aunes Keramik

Founded in 1797

Kongensgt. 27. . Production and sale of ceramics in the traditional Trøndelag style.
Open: Mon. - Fri.: **9 am - 5 pm**,
Thurs.: **9 am - 6 pm**,
Sat.: **10 am - 3 pm**
Tel.: +47 73 52 53 82.

BABEL Lademoen art workshop's exhibition gallery

Mellomveien 4, tlf 73 51 35 15
www.babelkunst.no



Galleri Hanne

Kongensgt. 37 Tel.: +47 73 52 88 12

Contemporary Norwegian artists

Opening hours: weekdays **10 am – 5 pm**Thursdays **10 am – 6 pm**; Saturdays **10 am – 3 pm**Sundays **12 – 4 pm****Galleri Ismene**

Ilevollen 34 – 36, Tel.: +47 73 87 48 90,

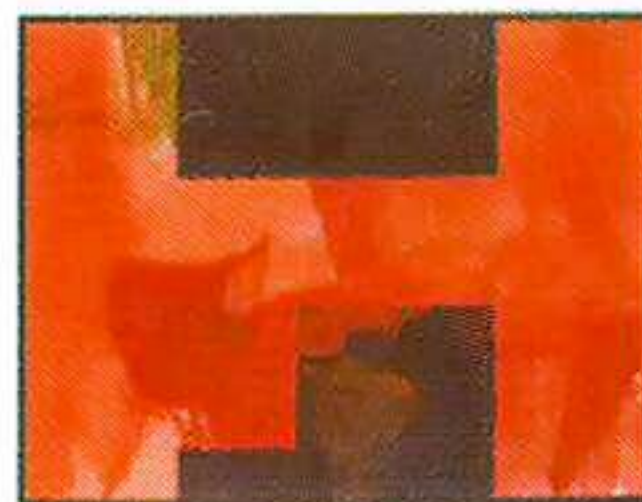
Opening hours: Monday - Friday **9 am - 5 pm**,Saturdays **9 am - 2 pm** Sunday **12 noon - 3 pm**.www.ismene.no**Galleri-sg**

Kjøpmannsgt. 37, 7011 Trondheim.

Tel: +47 73 50 06 19. Mobil: 907 38 645

Open: Tue – Fri **11 am – 4 pm**, Sat – Sun **noon – 4 pm**,

Monday closed.

www.galleri-sg.no**Galleriet, Trondheim Brukskunstforening**

Byhaven, Olav Tryggvassonsgt. 28, Tel.: +47 73 53 51 10.

Art craftsmanship - delights the eye and heart.

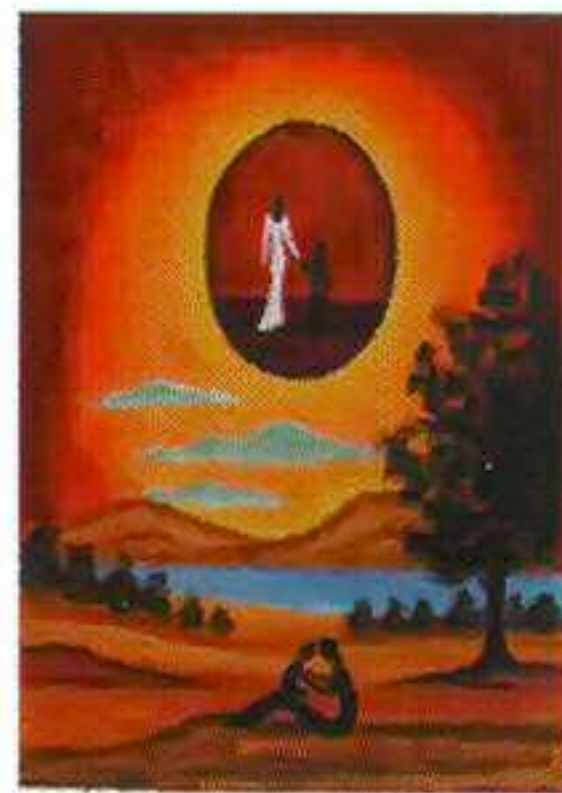
www.Trondheimbrukskunstforening.no**Modern Art Gallery**

Olav Tryggvassonsgt. 33, Tel.: +47 73 87 36 80.

The city's largest art gallery for Norwegian contemporary art; oil paintings, water colours, lithographs, ceramics and glass art by well-known Norwegian artists.

Decoration for business premises and private homes.

Art posters, frames and framing on the ground floor.

Opening hours: Mon – Fri: **9.30 am – 6 pm**.Thurs **9.30 am – 6 pm**, Sat **10 am – 4 pm**, sun **noon – 4 pm**.E-mail: post@modernartgallery.nowww.modernartgallery.no**The Trøndelag Centre for Contemporary Art**

Fjordgata 11, 7010 Trondheim. Tel: 73 52 49 10,

www.samtidskunst.no, e-mail: post@samtidskunst.no

Gallery for contemporary art. Art liaison service, advisory service, artistic decoration. Trade union administrative offices for artists and craftsmen Opening hours:

Administration: weekdays

8.30 am – 3.30 pm Art gallery: weekdays **10 am – 3 pm**,Thurs **10 am – 7 pm**, Sat & Sun **12 noon – 4 pm**.

Closed on Mondays. Admission free.



St. Olav's festival days in Trondheim

26 July - 4 August

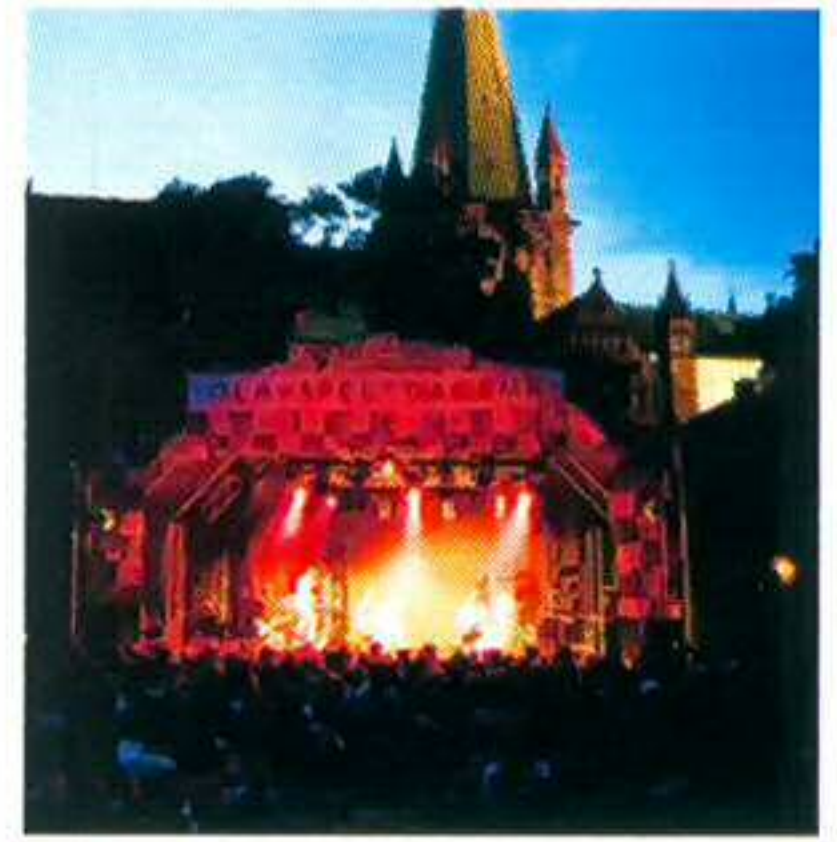
The greatest church and cultural festival in Norway, with over 350 events and 280,000 visitors.

Indoor and outdoor concerts, services, pilgrimages, exhibitions, traditional market, lectures, courses, all-night jazz, jousting, folk festival etc.

Program on www.olavsfestdagene.no from April.

Address: Dronningensgt. 1b,

Tel.: +47 73 84 14 50, Fax: +47 73 84 14 51



Trønder Festival of Food

2 - 4 August 2007

An event for all the family in the centre of Trondheim. This is where you will find a culinary treasure store of food from small-scale producers,

medium and large-scale producers, restaurants and traders. Activities for the smallest and their relatives, young and old: cookery contests, entertainment and much more. Everyone – of any age – will go home happy!

www.tronderskmatfestival.no www.oimat.no

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20 July – 29 July.

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www.stiklestad.no

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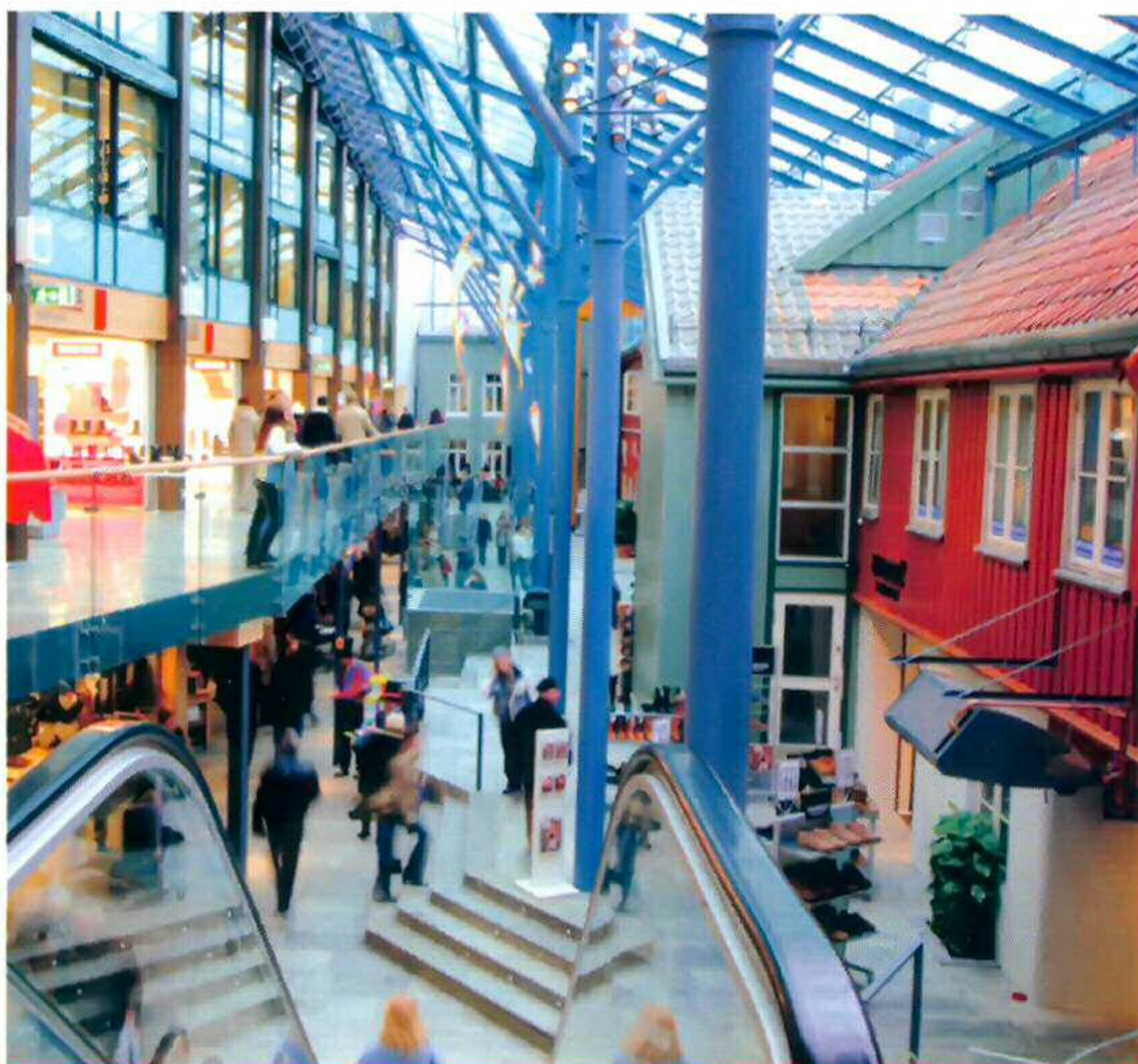


livet på

SOLSIDEN



SEKTOR
GRUPPEN



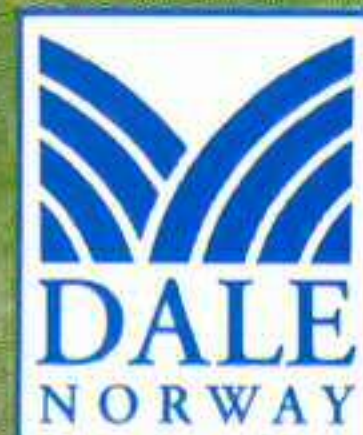
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arne@arne-ronning.no



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www.fotoschroder.no

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Sun: 2 - 11 pm



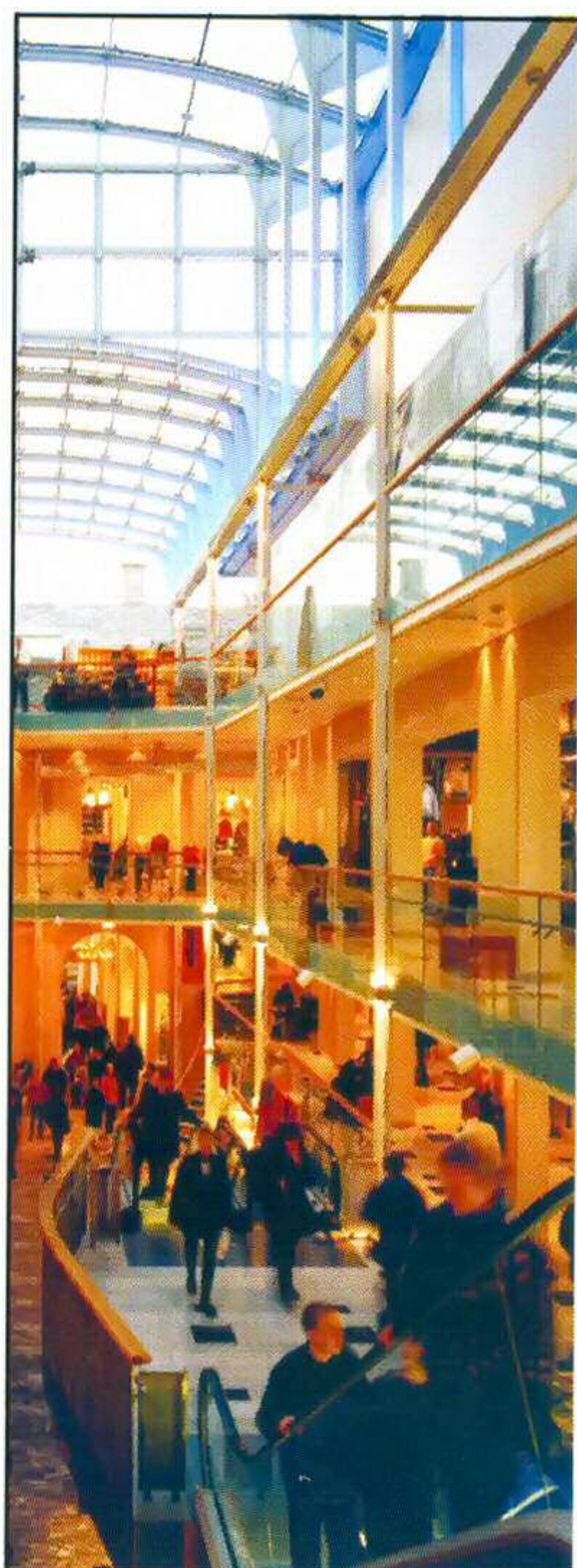
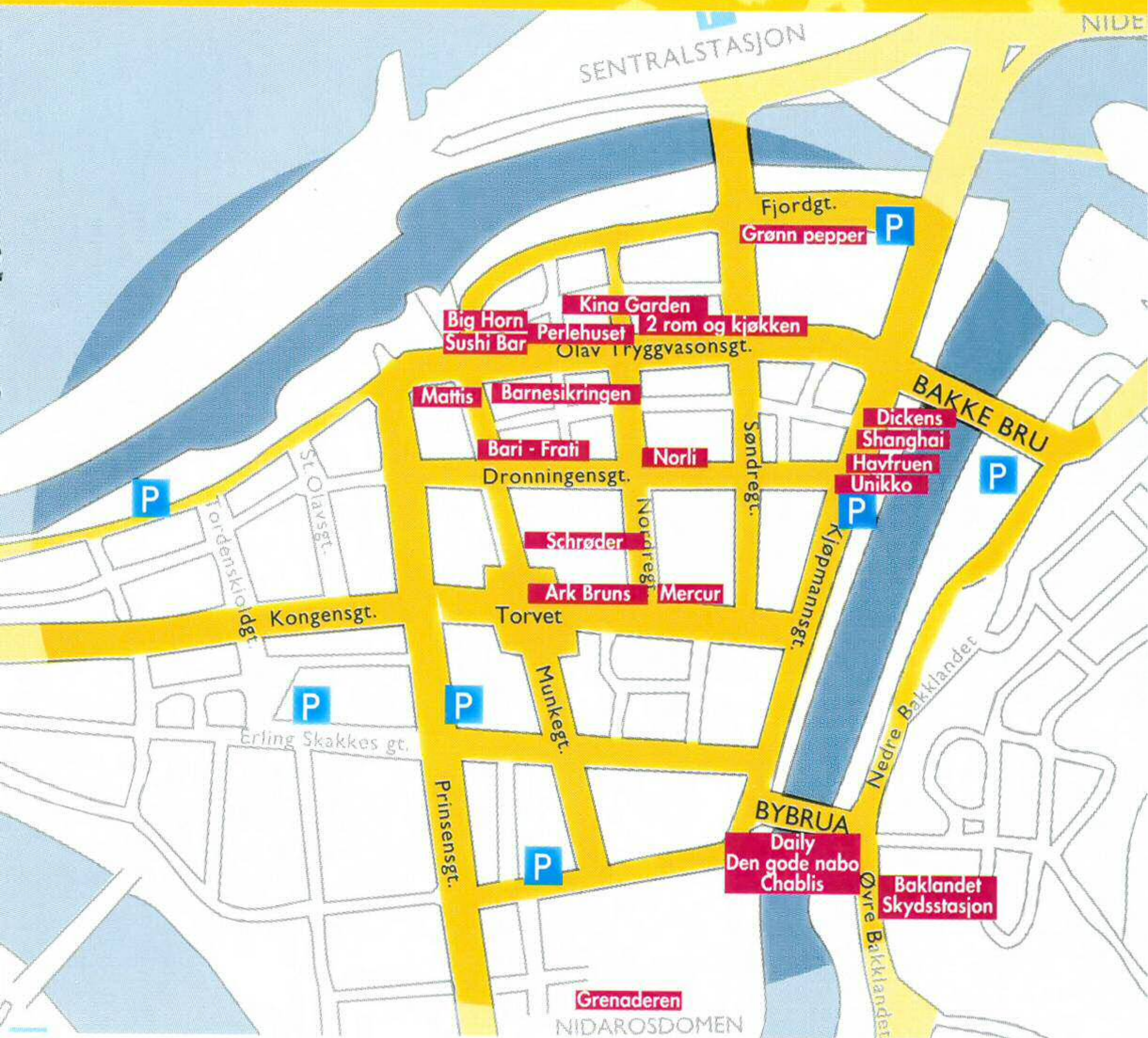
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Ola Brun multi-story parking.

Tel.: +47 73 51 07 51

unikko



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SHOPPINGSENTERET

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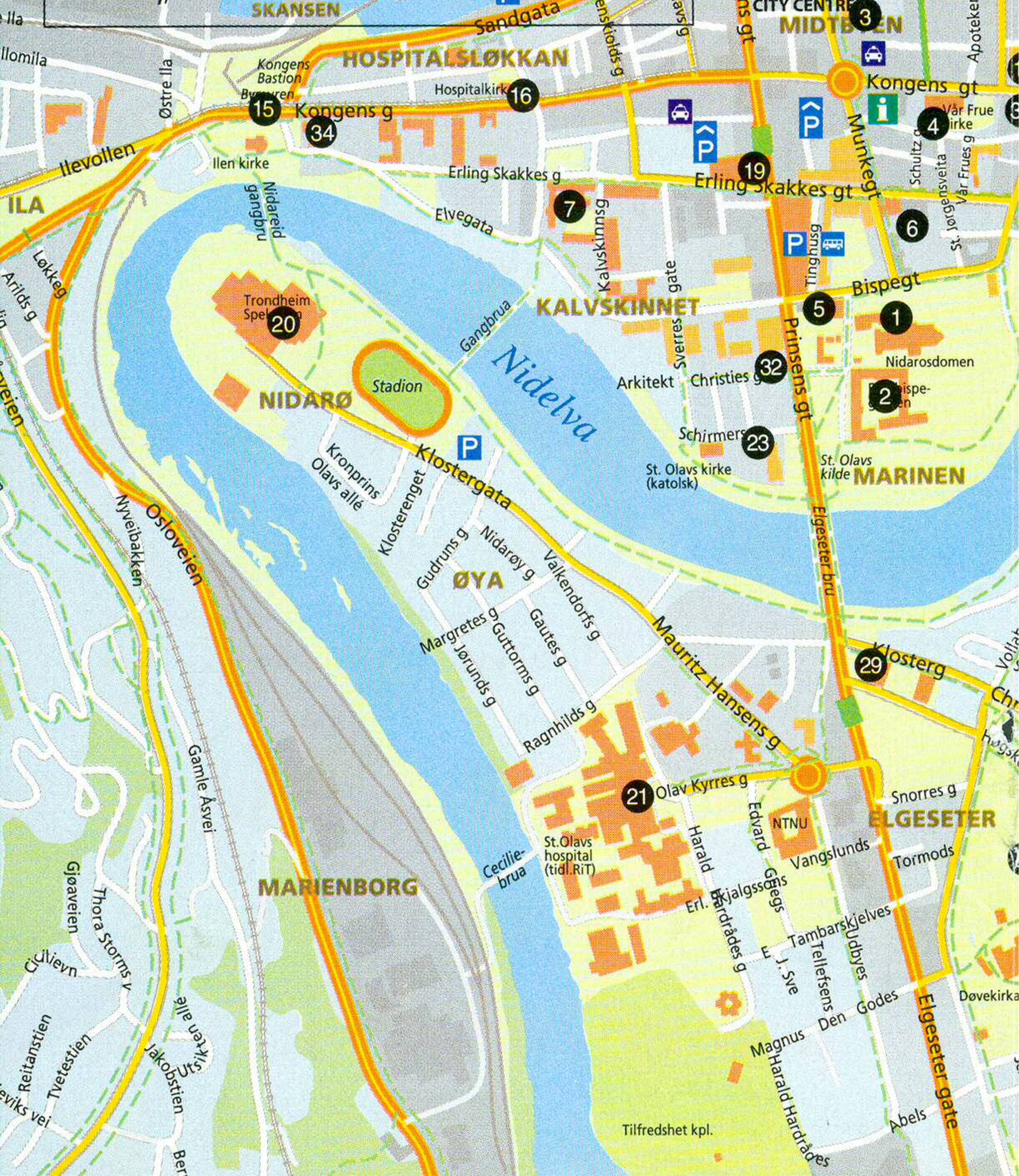
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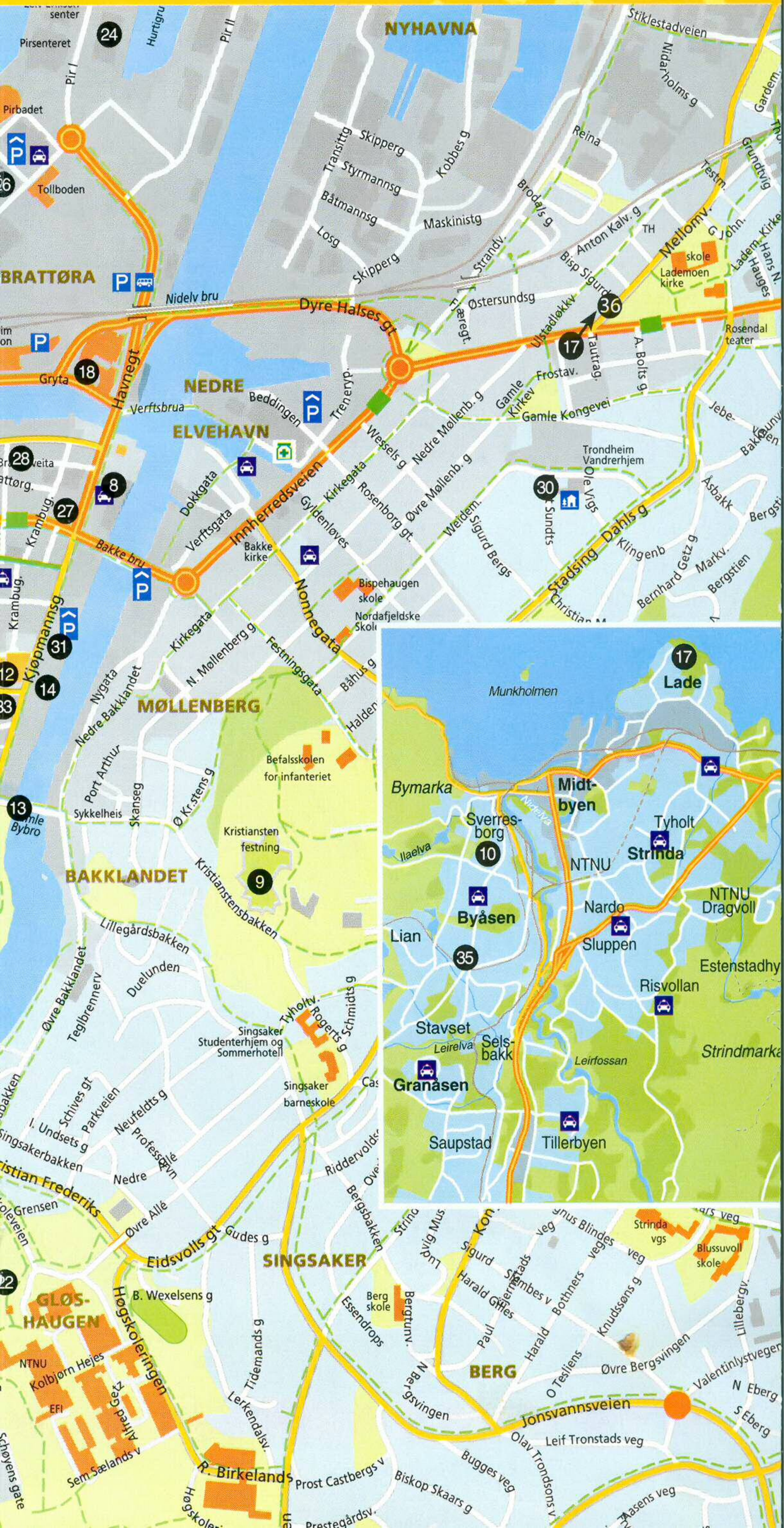
www.mercursenteret.no • tel. 73 87 65 00

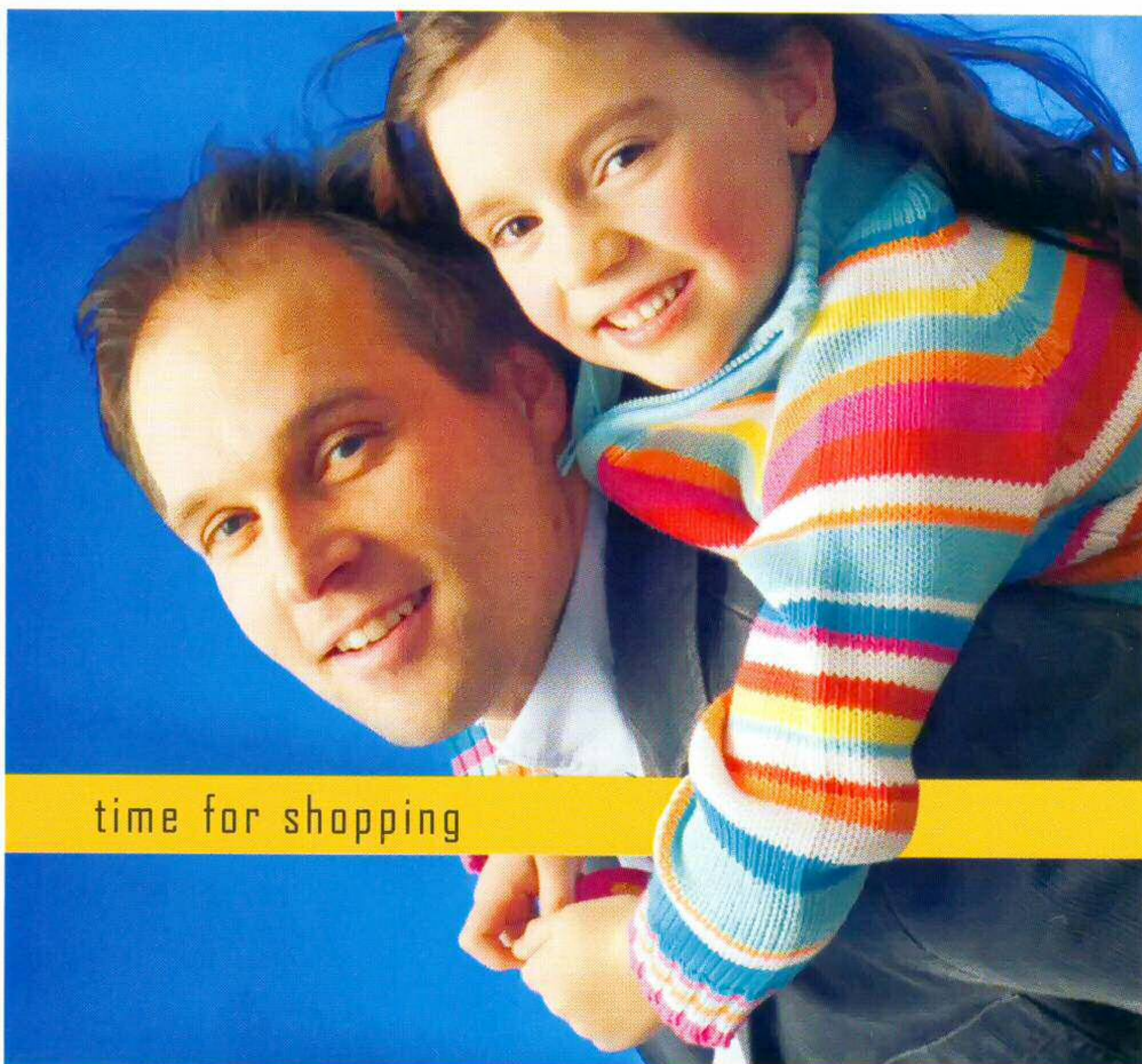
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P Parking

- | | |
|--|---|
| 1. Nidaros Cathedral | 18. Police station |
| 2. Archbishop's Palace/
National Regalia/Army
Museum | 19. Trøndelag Teater |
| 3. Stiftsgården (Royal
Residence) | 20. Trondheim Spektrum |
| 4. Vår Frue Kirke (Church) | 21. St. Olavs Hospital |
| 5. Art Gallery | 22. NTNU |
| 6. Museum of Applied Art | 23. St. Olav Church |
| 7. University Museum | 24. Coastal Express south/north |
| 8. Maritime Museum | 25. Trondheim Central station |
| 9. Kristiansten Fortress | 26. Pirterminalen |
| 10. Trøndelag Folk Museum | 27. Olavshallen concert hall |
| 11. Ravnkloa Fish Market | 28. Trøndelag Kunstnersenter
(Art Gallery) |
| 12. Church Ruins | 29. Students' House |
| 13. Old Town Bridge | 30. Youth Hostel |
| 14. Riverfront Warehouse | 31. Marina |
| 15. Town Wall | 32. Jewish Synagogue & Museum |
| 16. Hospital Church | 33. Popular science
adventure centre |
| 17. Ringve Museum of Music
History, 4 km | 34. National Museum of Justice |
| | 35. Tramways Museum |
| | 36. Babel |



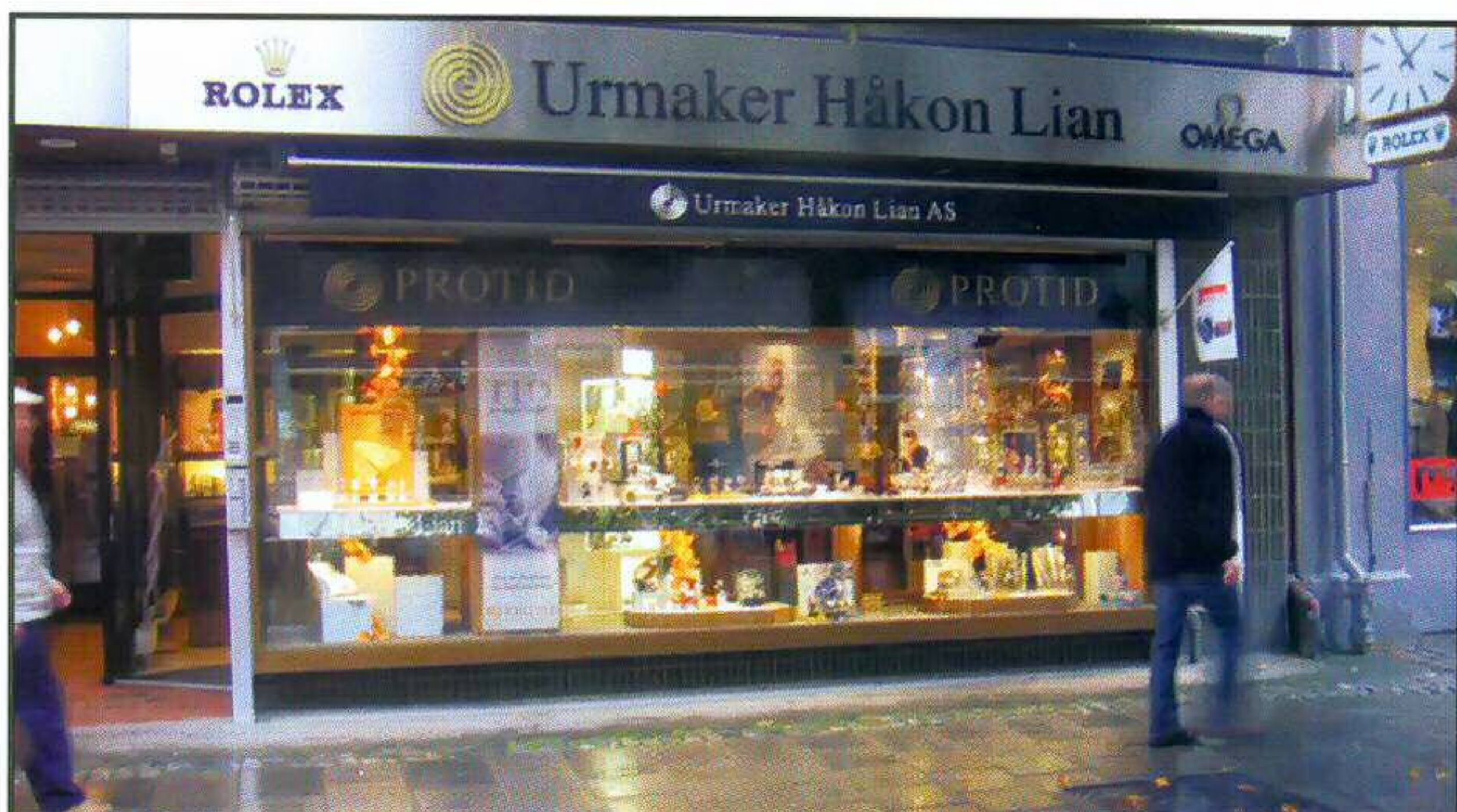




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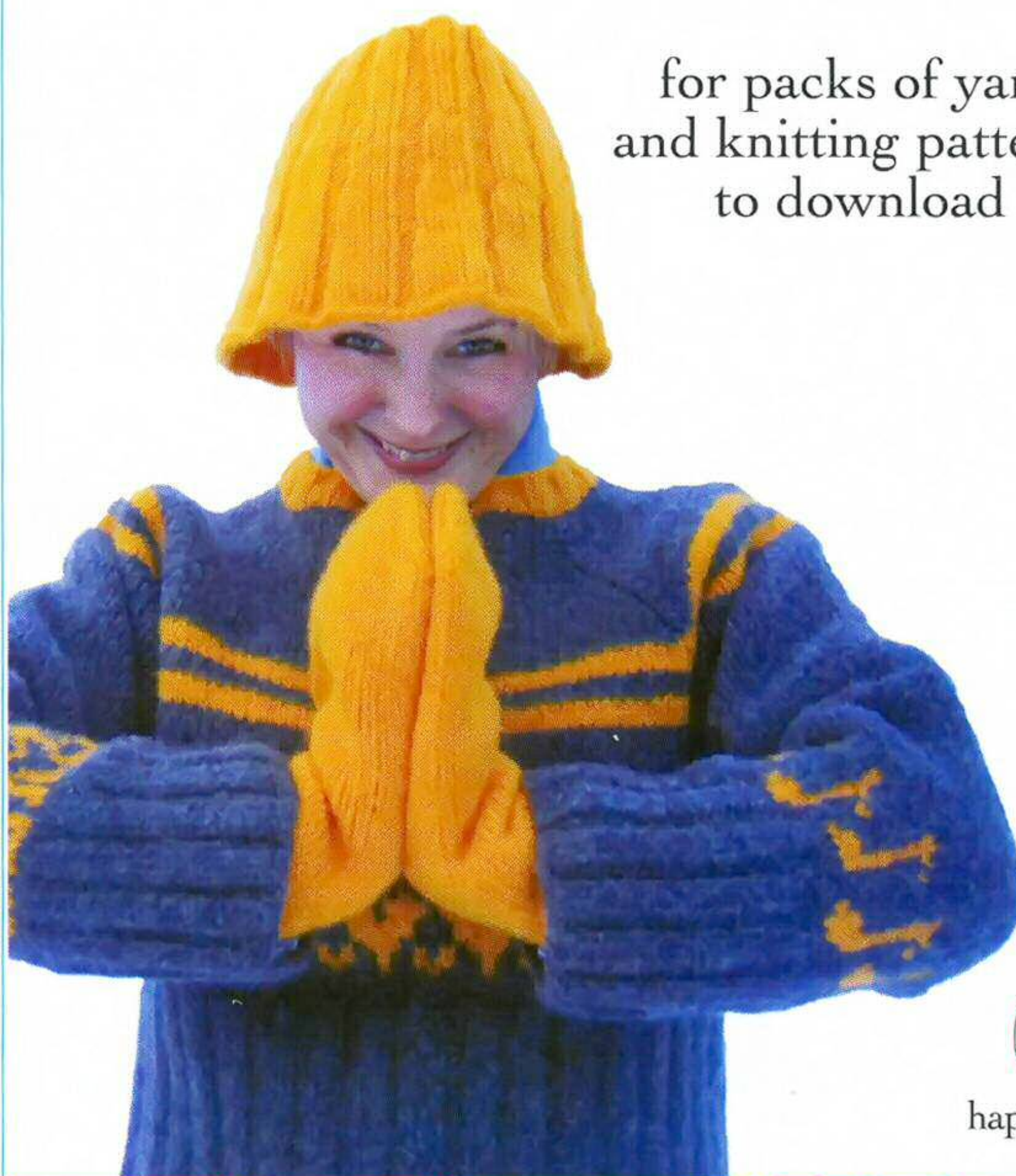
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e-mail: hotel@online.nowww.cht.no**Clarion Collection Hotel Grand Olav**

Kjøpmannsgt. 48, 7010 Trondheim,

Tel.: +47 73 80 80 80 fax: +47 73 80 80 81

e-mail: cc.grand.olav@choice.nowww.choicehotels/hotels/no032**Clarion Collection Hotel Bakeriet**

Brattørgata 2, 7010 Trondheim,

Tel.: +47 73 99 10 00 fax: +47 73 99 10 01

e-mail: bakeriet@choice.nowww.choicehotels.no/hotels/no030**Comfort Hotel Park**

Prinsensgt. 4A, 7012 Trondheim,

Tel.: +47 73 54 72 00, fax: +47 73 54 72 01

e-mail: hotel-park@hotel-park.nowww.hotel-park.no / www.choicehotels.no/hotels/no092**City Living Schøller Hotel**

Dronningens gt. 26, 7011 Trondheim

Tel: ++47 73 87 08 00 fax: ++47 73 87 08 01

e-mail: post@scholler.nowww.cityliving.no**City Living Viking Hotel**

Ths. Angells gt. 12b, 7011 Trondheim,

Tel.: +47 73 51 21 33, fax: +47 73 51 43 14

e-mail: vikinghotel@vikinghotel.nowww.cityliving.no**Britannia Hotel**

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Dronningens gt. 5, N-7011 Trondheim

Tel.: +47 7380 0800,

Fax: +47 7380 0801

e-mail: britannia@britannia.nowww.britannia.no

Elgeseter Hotell

Tormodsgt. 3, 7030 Trondheim,
 Tel.: +47 73 82 03 30
 fax: +47 73 82 03 31
 e-mail: elgeseter.hotell@munken.no
www.elgeseter-hotell.no

**P-HOTELS**

Nordre gate 24, 7010 Trondheim,
 Tel.: +47 73 80 23 50 fax: +47 73 80 23 51
 e-mail: post@p-hotels.no
www.p-hotels.no

**Quality Hotel Augustin**

Kongensgt. 26, 7011 Trondheim,
 Tel.: +47 73 54 70 00, fax: +47 73 54 70 01
 e-mail: hotel-augustin@hotel-augustin.no
www.hotel-augustin.no/
www.choicehotels.no/hotels/no017

**Quality Hotel Panorama**

Ivar Lykkesv. 1, 7492 Trondheim
 Tel.: +47 72 90 05 00, fax: +47 72 90 05 01
 e-mail: q.panorama@choice.no
www.choicehotels.no/hotels/no001

**Radisson SAS Royal Garden Hotel**

Kjøpmannsgt. 73, 7010 Trondheim,
 Tel.: +47 73 80 30 00, fax: +47 73 80 30 50
 e-mail: sales.trondheim@radissonsas.com

**Scandic Prinsen**

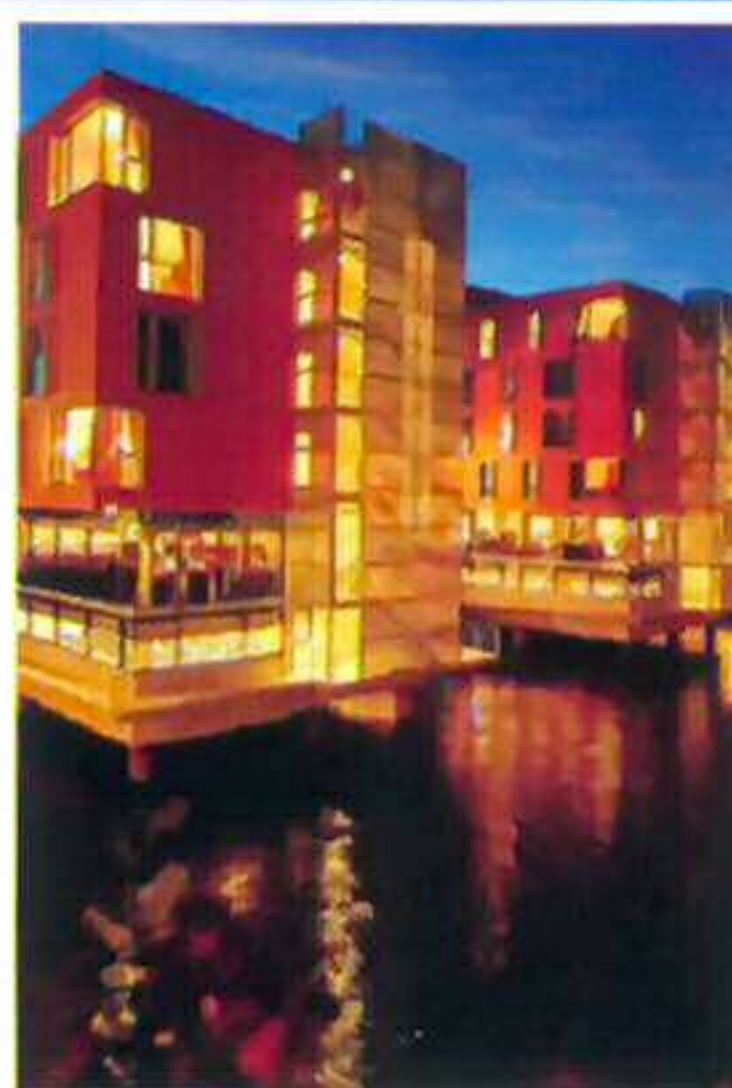
Kongens gt. 30, 7012 Trondheim,
 Tel.: +47 73 80 70 00
 fax: +47 73 80 70 10
 e-mail: prinsen@scandic-hotels.com
www.prinsen-hotell.no

**Hotel at the centre of town****– 17 metres out in the river Nid**

221 rooms, including suites, rooms suitable for the disabled, à la carte - restaurant, lunch and piano bar, conference facilities and fitness centre with sauna.

**Rica Nidelven Hotel**

Havnegata 1-3, 7400 Trondheim. For booking and information: Tel.: 73 56 80 00
 e-mail: rica.nidelven.hotel@rica.no www.rica.no



Private accommodation

Apply to Trondheim Aktivum, Tourist Information at the Market Square. No advance bookings for this accommodation.
Tel: +47 73 80 76 62.

Thon Hotel Gildevangen

Søndre gt. 22b, 7010 Trondheim,
Tel.: +47 73 87 01 30, fax: +47 73 52 38 98
e-mail: gildevangen@thonhotels.no
www.thonhotels.no/gildevangen



Thon Hotel Trondheim

Kongens gt. 15, 7013 Trondheim,
Tel.: +47 73 88 47 88, fax: +47 73 51 60 58
e-mail: trondheim@thonhotels.no
www.thonhotels.no/trondheim



Trondheim Leilighetshotell

Trondheim Apartments Hotel
Gardemoens gt. 1a, 7041 Trondheim,
Tel.: +47 73 50 07 00 fax: +47 73 50 07 01
e-mail: post@tlh.no
www.tlh.no



Scandic Solsiden

Beddingen 1, 7014 Trondheim
tel: 21 61 46 00 fax: 21 61 46 11
E-mail: solsiden@scandic-hotels.com
www.scandic-hotels.com
Solsiden - Trondheims Aker Brygge



Scandic Residence

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e-mail: post@baardshaug.no

www.baardshaug.no



Rica Hell Hotel

P.Box 100, 7570 Hell

Tel.: +47 74 84 48 00, fax: +47 74 84 48

50

e-mail: rica.hell.hotel@rica.no

www.rica.no/hell



Norlandia Stav Gjestegård

Sveberg, 7550 Hommelvik

Tel.: ++47 73 98 04 50, fax: ++47 73 98 04 41

e-mail: service@stav.norlandia.no

www.norlandia.no/stav



Botellet

Kjøpmannsgt. 34/41, reception Hydro Texaco
 Tel.: +47 73 80 79 50, fax: +47 73 52 10 90
 e-mail: botellet@bilbrun.no
www.botell.no

**Singsaker Sommerhotell**

Rogertsgt. 1, 7016 Trondheim,
 Tel.: +47 73 89 31 00, fax: +47 73 89 32 00
 e-mail: sommerhotell@singsaker.no
<http://sommerhotell.singsaker.no>

**Trondheim Bed & Breakfast - Youth Hostel**

Weidemannsv. 41, 7043 Trondheim.
 Tel.: +47 73 87 44 50, fax: +47 73 87 44 55
www.trondheim-vandrerhjem.no
 Map: No. 30. We are situated between Eilert Sundsgt.
 and Ole Vigs Vei.

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Elgsetergt 1 - 7030 Trondheim
www.firc.no

**Camping****Flakk Camping*****

Tel.: +47 72 84 39 00 Open 1 May – 1 Sept.
 10 km from Trondheim near Flakk ferry quay.
 Follow Road 715 from Trondheim or Road 707
 from Klett. Bus connection to Trondheim.
www.flakk-camping.no

**Gullberget Camping*****

7630 Åsen
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 e-post: esyneide@online.no

**Sandmoen Motell & Camping*****

Tel.: Motel: +47 72 59 61 50, Camping +47 72 88 61 35
 Fax: +47 72 59 61 51. On Road E6 12 km south from city
 centre, good bus connections to town.
 Motel & camping open all year round
 e-mail: post@sandmoen.no www.sandmoen.no

**Storsand Camping**(*)**

7563 Malvik
 Tel.: +47 73 97 63 60, Malvik, on Road 6 north.
www.storsandcamping.no



Tråsåvika Camping og Hytter***

7354 Viggja - 40 km from Trondheim by the old route E 39. 5 km from Orkanger
Tel.: +47 72 86 78 22, fax: +47 72 86 79 79.
www.trasavika.no



Vikhammer Camping***

7560 Vikhammer
Tel.: +47 73 97 61 64
Malvik on the old E6 road north
e-mail: vikcampi@online.no



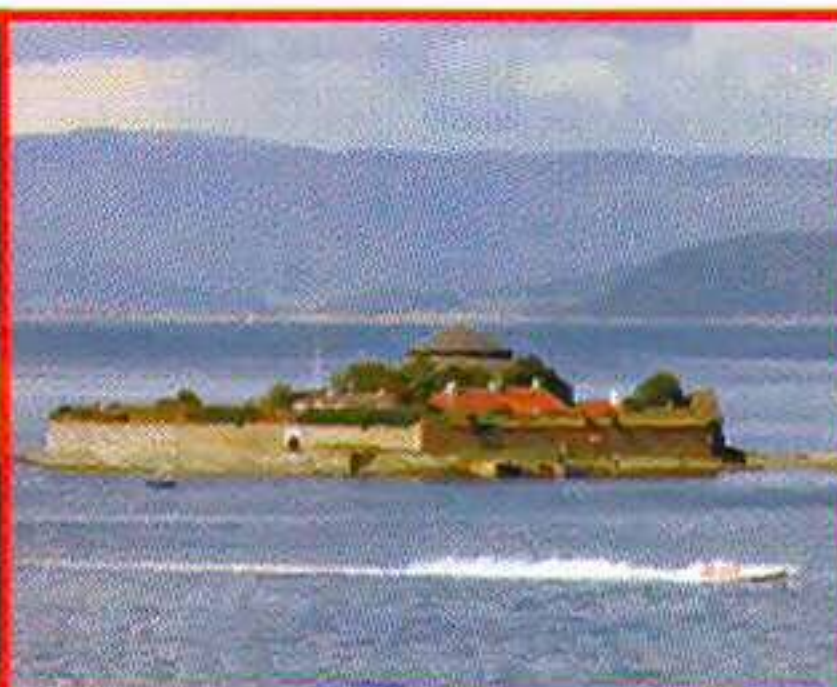
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**Accommodation
from NOK 595.-**

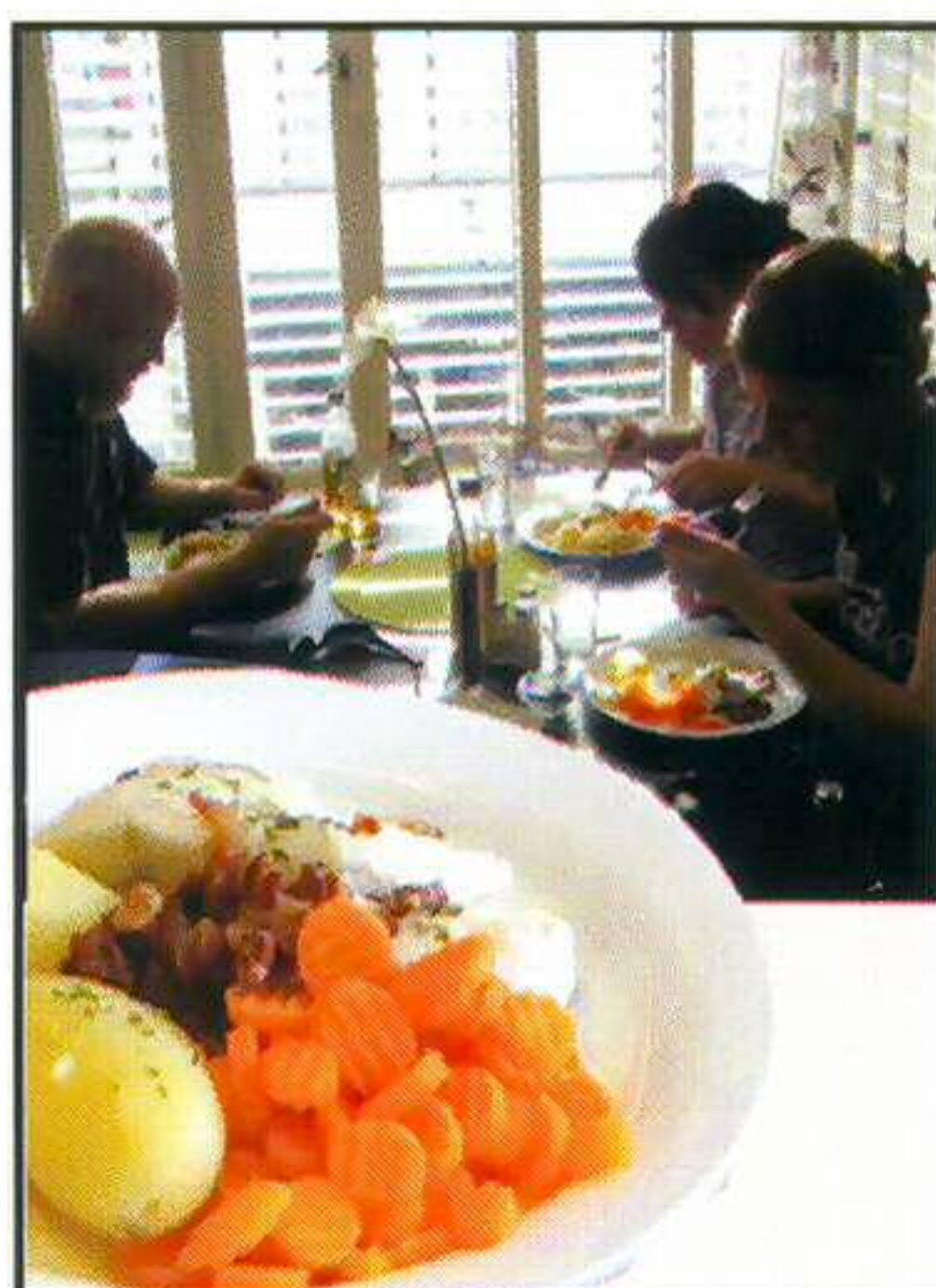


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Tlf.: (+47) 73 80 63 00
www.nova-kk.no



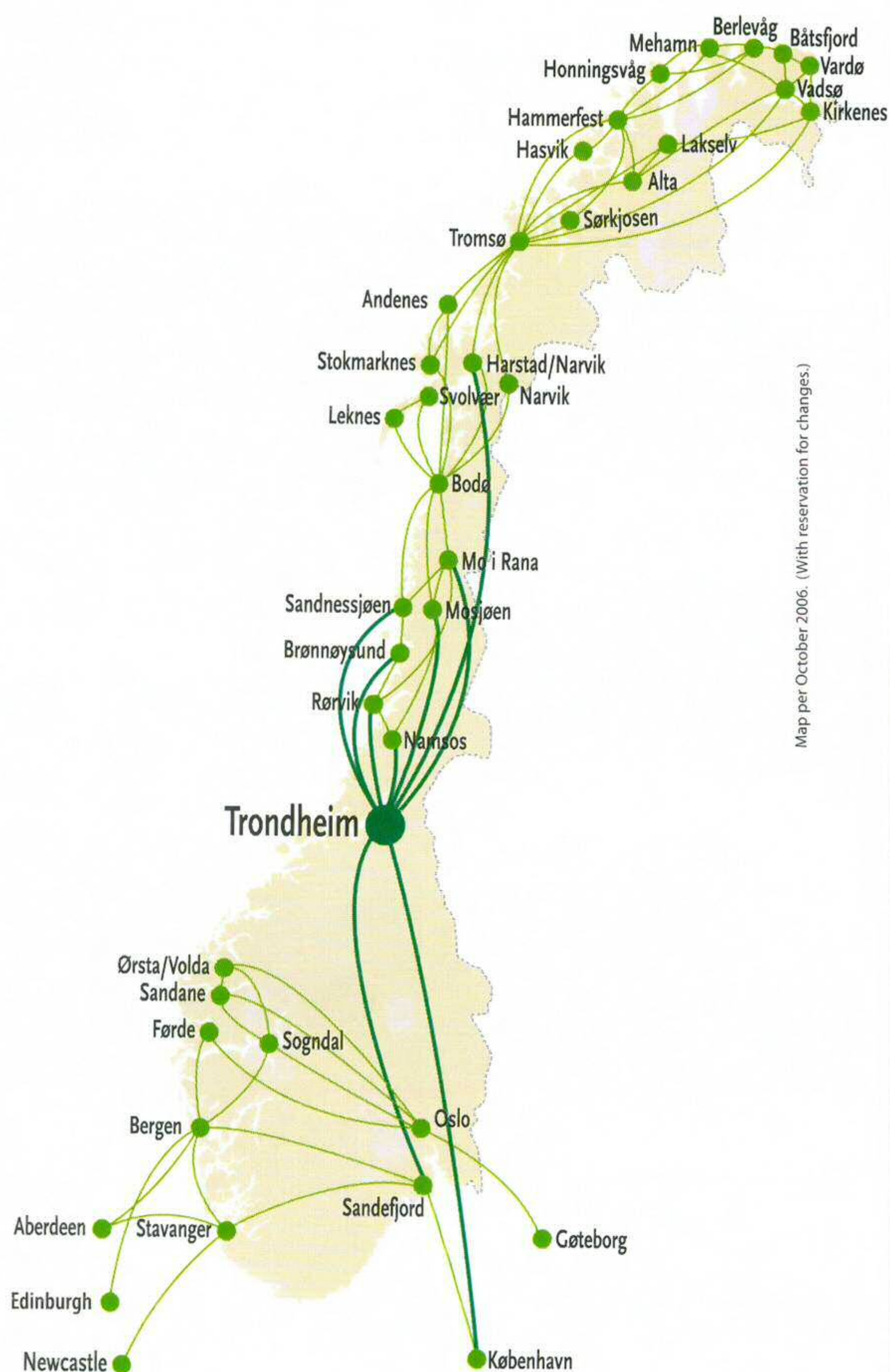
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NOK 89.-**
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Gågata Cafe

The pedestrian street Café is the oldest in Trondheim, and we serve good, traditional home cooking. From our fine window seats upstairs you have a full view of the Pedestrian Street. Our guests always come again. Welcome for a truly enjoyable meal!
Thomas Angels gate 20, first floor.
Open: Mon – Fri 9 am – 6 pm and
Sat 9 am – 4 pm.
www.gagatacafe@brisin.no
Tel.: +47 73 50 04 80

Fly with Widerøe to Trondheim



Map per October 2006. (With reservation for changes.)

Call us on telephone 810 01 200
or visit www.wideroe.no.

widerøe

Trondheims best restaurants

Havfruen

Kjøpmannsgata 7.

Tel: +47 7387 4070. Fax: +47 7387 4071.

Monday – Saturday from 6 pm

www.havfruen.no

In stylish surroundings rich in tradition on the banks of the Nid river you will find just the restaurant for those who love good fish and seafood. The menu is based on seasonal raw ingredients from local suppliers, to ensure fresh, top-quality food that has not travelled far. The menu combines new and traditional dishes served with well-matched wines, and there are also meat dishes for those who do not eat fish. Havfruen Catering can deliver the food at your home, and we also offer to hire out chefs and expertise from the restaurant for special arrangements.



Havfruen banqueting rooms

Kjøpmannsgata 7.

Tel: +47 7387 4070. Fax: +47 7387 4071

Open by agreement.

www.havfruen.no

Havfruen's banqueting rooms are in the basement of the restaurant. Receptions and closed parties can be held in a distinctive, traditional setting with dinner served from a special menu including both fish and meat dishes. The room seats about 40 people, and has its own "chambre séparée" with glass-covered walls and seating for 12. There is also a fully-licensed bar on this floor, and the room is fully equipped with a big screen and AV equipment. The rooms are provided free for guests who eat a meal.



Grønn Pepper

Fjordgata 7.

Tel: +47 7353 2630. Fax: +47 7350 7375

Monday 4 – 10 pm

Tuesday - Saturday 4 – 11 pm

Sunday 3 – 10 pm

www.gronnpepper.no

If you like good food with a really distinctive flavour, then Grønn Pepper is the place to go. The restaurant serves a wide range of exciting Mexican dishes. The wines are selected from the old world as well as the new, and of course you will find Mexican beer and tequila on the menu. The specially furnished, comfortable setting also contributes to the authentic hot ambience.



Choose one of Trondheim's

Sushi Bar

Munkegata 39.

Tel: +47 7352 1020. Fax: +47 7350 7375

Monday – Saturday 3 – 11 pm

Sunday 3 – 10 pm

www.sushibar.as

In cosy surroundings close to the city fish markets the delicacies of the ocean are prepared in authentic Japanese style. You will find a wide selection of both sushi and sashimi. Many guests also come to enjoy a glass of wine or a drink from the well-assorted wine list.



Vertshuset Tavern

Sverresborg Allé 11. Tel. +47 7387 8070.

Mon – Fri 4 – 12 pm. Sat 2 – midnight

Sunday 12 noon – midnight

www.tavern.no

The building has been a tavern since 1739. Previously located in the centre of Trondheim, it has now been moved to Trøndelag Folk Museum. Diners include Trondheim locals with their guests from all over the world - as well as other parts of Norway - who come to enjoy traditional Norwegian food at reasonable prices in a unique atmosphere. The many low-ceilinged rooms create a perfect setting for the food. The menu always includes home-made fish cakes, rømmegrøt (sour-cream porridge), and speke-mat (cured meat). On Tuesdays we serve genuine Trøndelag klubb, the traditional potato dumplings of the region. On Thursdays you can savour pea soup and salt meat. The Tavern offers a selection of fine wines, and has a full liquor licence.



Big Horn Steakhouse

Munkegaten 41.

Tel. +47 7350 94 90, +47 7350 73 75

Mon – Sat 3 – 11.30 pm.

Sunday 2 – 10.30 pm.

www.bighorn.no

Go to Big Horn if you are looking for a restaurant that serves big, juicy steaks. The house honours the genuine steakhouse tradition with its typical informal atmosphere. The menu offers fine, well-hung beef in many varieties, and guests can tailor their meals to their own tastes.

The newly refurbished restaurant is part of an imposing old city courtyard, and besides the good food it can boast of a fine view over the harbour area.



best restaurants

Frati

Munkegaten 25.
Tel: +47 7352 5733
Monday - Friday 3 - 11 pm
Saturday 1 - 11 pm
Sunday 2 - 11 pm
www.frati.no

Benvenuti!

Welcome to Frati – the Italian family restaurant with traditions going a long way back in Trondheim. You are sure to find something you like on our extensive menu with pasta, pizza, meat and fish dishes served in an informal, friendly setting. We want our guests to enjoy their visit. Buon appetito.



Grenaderen

Kongsgårdsgata 1e
Tel. +47 7351 6680.
Monday - Saturday 12 noon - midnight
Sunday 12 noon – 9 pm
www.grenaderen.no

"The Grenadier", next door to the Archbishop's Palace, is a former 18th-century blacksmith's forge. The restaurant captures the spirit of the old Trondheim bourgeoisie, along with a warmth that makes everyone feel welcome. The menu offers traditional food, expertly prepared - such as reindeer, fish and shellfish, elk meat pickled on the spot, and home-made cloudberry ice cream. Prices are moderate at Grenaderen - and it has one of Trondheim's most attractive terraces in the summer.



Dickens

Kjøpmannsgata 57.
Tel: +47 7351 5750. Fax: +47 7351 7455.
Monday – Saturday from 4 pm
Sunday from 3 pm
www.dickens.as

Dickens has something for everyone! Folk of all ages and all types visit this unique restaurant on the oldest wharf in Trondheim. There is no obligation to wear a tie or even to eat if you just want to enjoy a beer with friends or colleagues. Should you feel hungry after all, the restaurant also has a comprehensive menu offering anything from the juiciest steak to pizza and snacks. The exciting interior decoration at Dickens creates a charming atmosphere and the perfect setting for a meal in good company.



Choose one of Trondheim's

Den gode nabo

Øvre Bakklandet 66.

Tel: +47 406 188 09 Fax: +47 7387 42 41

Monday – Sunday 4 pm – 1.30 am winter time

Monday – Sunday 1 pm - 1.30 am Summer time

www.dengodenabo.com

"The good neighbour" is simply the good pub concept carried to its logical conclusion, which is that it has several times been nominated as Norway's best pub. The friendly hosts at 'Naboen' serve a range of about 100 different draught and bottled beers. In cooperation with Chablis, guests are also offered a superb selection of meals. The traditional, rustic interior gives the pub its cosy ambience, with indoor seating for 250 guests and room for 120 more to sit out on the wharf in summer. The location right on the banks of the Nid river by the 'Gateway of Happiness' must be one of the most beautiful in Trondheim.



Chablis Brasserie og Bar

Øvre Bakklandet 66.

Tel: +47 7387 4250. Fax: +47 7387 4241

Monday - Saturday 5 – 11 pm

Sunday 5 – 10 pm

www.chablis.as

Chablis is the place if you are looking for a good restaurant with an intimate atmosphere and an exciting milieu, or if you just want to pop in for a glass of wine or something else to drink. The interior is light and uncluttered, while the menu includes 3 or 4-course meals and a comprehensive à la carte selection. In an idyllic but central location on Bakklandet, Chablis is a natural meeting place for friends, families and business people who want to relax in pleasant surroundings.



Jordbærpikene

Find the opening hours and contact information on

www.jordbarpikene.no

Treat yourself to a special lunch at Jordbærpikene. The place for glorious home cooking. You will find us at KBS, Byhaven, Trondheim Torg and Solsiden.



best restaurants

Bari Cafe og Bar

Munkegaten 25.

Tel: +47 7360 6024.

Monday – Thursday 10.30 am – 1.00 am

Friday and Saturday 10.30 am – 02.30 am

Sunday 01 pm – 01 am

www.bari.no

Bari is more than just a place to eat. It is not just a place in town: Bari is a rendezvous! It is perfectly situated at the centre of town for meeting either in the daytime or evenings. There is a wide selection of full meals and light snacks on the menu, and there are drinks for every mood and taste. In short, Bari is the place to enjoy in the daytime, or spend a pleasant evening and just be yourself.



TO ROM OG KJØKKEN

Carl Johans gate 5.

Tel: +47 7356 8900. Fax: +47 7356 8901

Monday - Thursday 3 pm – 1 am

Friday and Saturday 3 pm – 2 am

www.toromogkjokken.no

TO ROM OG KJØKKEN The restaurant attaches importance to fresh raw ingredients from near Trondheim, prepared in a Mediterranean style. Our menu always includes a selection of dishes prepared from the best produce of Trøndelag. Adjoining the restaurant is the bar, which is a well-known informal meeting place for a chat with friends where a good selection of international cocktails and wines are served by the glass. On the first floor there are banqueting rooms seating about 8 to 95 people, where a meal can be combined, for instance with instructions in cooking or wine and spirits. The restaurant also offers a catering service.



TO ROM OG KJØKKEN banqueting room

Advance booking

Tel: +47 7356 8900. Fax: +47 7356 8901

www.toromogkjokken.no

On the first floor we have light, airy rooms with seating for up to 95 people. The space can easily be divided up into several rooms for smaller groups. Our "VIP room" seats a maximum of 13, while maximum 26 can be seated by the kitchen, and maximum 54 in the wine room. The room is ideal for courses in wines, cocktails and spirits, or wine tasting, cookery classes etc. as business arrangements or with friends or family. For company arrangements, meetings can also be held first in one of our rooms. No charge for hiring rooms.



Indian

Infinitely Indian

Well prepared food, full of character served in pleasant surroundings. Reasonable prices. Lunches from 11 am and take-away meals



Open 11.00 pm – midnight
Brattørgt. 5, 7010 Trondheim
Tel.: 73 52 46 00. Fax: 73 52 46 01
jsibains@online.no www.jadab.no

**Taj Tandoori Restaurant/Bar**

Guaranteed delicious genuine Indian tandoori dishes. Family restaurant with low prices.

Munkegt. 64 (Ravnkloa).

Tel./fax: +47 73 51 72 51

e-mail: supa-r@online.no

www.tajtandoori.no



Italian

Ristorantino Italiano e Pizzeria

– Alberto e Tonino (fra Pavia e Napoli)

The restaurant that's really Italian

Nordre gt. 4. 7011 Trondheim

Tel./fax: +47 73 52 62 42

www.ristorantino.no



Chinese

Shanghai Restaurant

Kjøpmannsgt. 21

Tel.: +47 73 51 47 77

Home-made Chinese food



Unique atmosphere

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Kristiansten Festning

N-7014 Trondheim

Tel.: +47 73 51 00 04

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www.vertshusetfestningen.no

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Tel.: +47 73 53 52 53.

www.krambuatrandheim.no





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Fully-Licensed Bar
3-6 artists every night
15-20 shows every night
tel: 73 53 66 66
mob: 959 03 075

Tues.-Thurs.: 22.00-03.30 • Fri.-Sat.: 21.00-04.00
See our artists on www.dreams.no



Kvilhaugen Gård

Excitingly different, situated near the renowned Øvre Singsaker district. Beautiful outdoor serving area and the best view in town! Extensive traditional menu. We pay for your bus ticket from town if you buy food and drink.

Blussuvoldsbakken 40, Tel.: +47 73 60 06 30
www.kvilhaugen.no



Mojo Tapas & Cocktail

Big top-quality tapas menu and a wide selection of good Spanish wines. Our team are real experts on Spanish eating and drinking culture.

Our professional bar staff are leaders in creating new drinks, and a DJ builds up a stimulating atmosphere every Friday and Saturday

Nordre gate 24, Tel.: +47 73 60 06 40
www.mojo.no



Ørens Kro

The yellow building on the banks of the Nid as you go towards Solsiden dates from 1863, and we have recreated an atmosphere that would be recognised by the carpenters from the former Ørens Mechanical Workshop. This is an inn with a soul! Fine, traditional Norwegian food with the accent on fish dishes.

Nedre Elvehavn, Tel.: +47 73 60 06 35
www.orens-kro.no



Primo Restaurant

The true flavour of Italy. The big menu offers light refreshments, pizza or full meals, so there is something to suit any appetite. We also have one of the most attractive outdoor serving areas in town.

Welcome to the **Solsiden!**

Nedre Elvehavn, Tel.: +47 73 60 06 06
www.primorestaurant.no

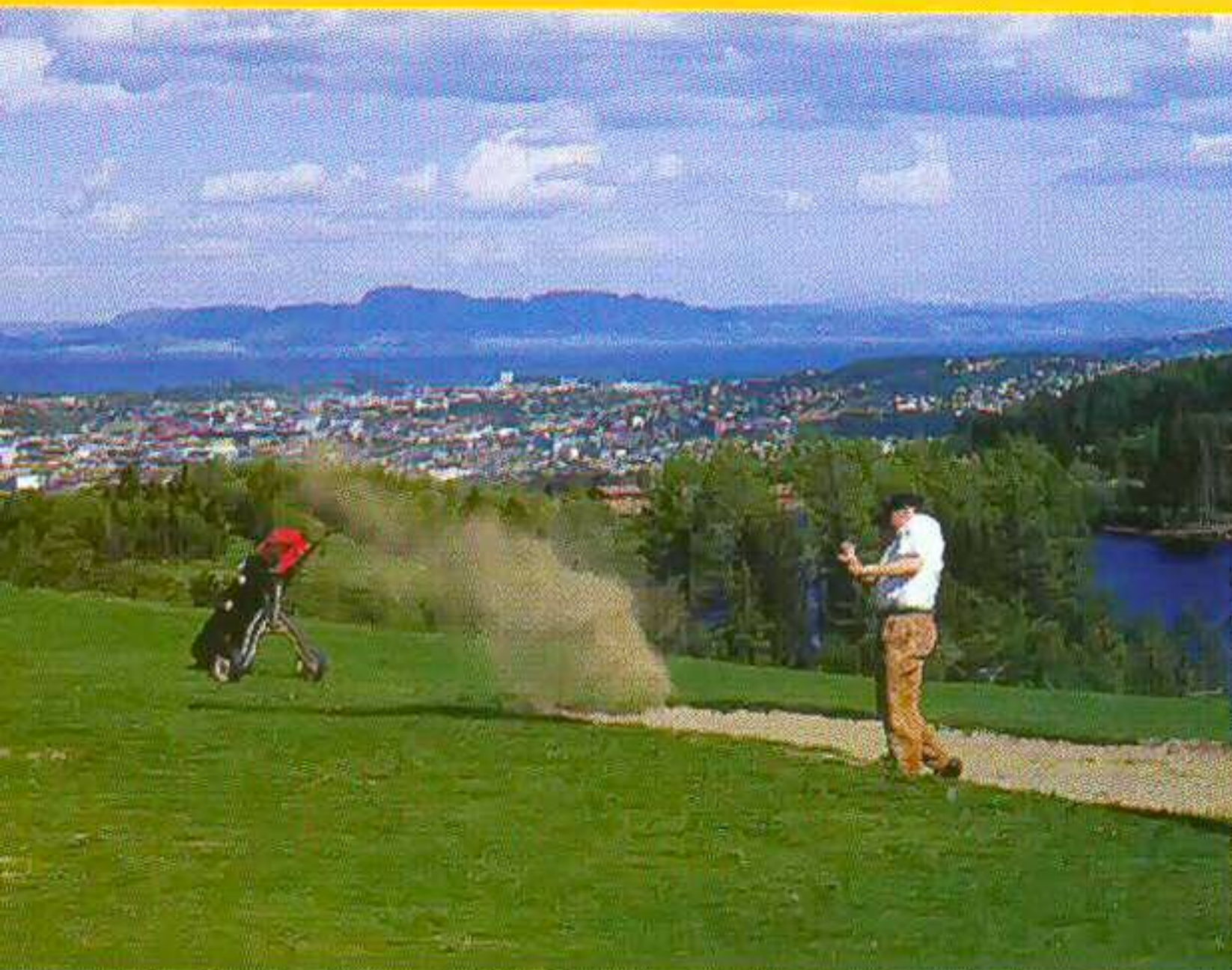


AJO Tapas Bar

Extensive quality tapas menu with a real Spanish atmosphere to take you on a journey of exciting flavours. One of the most intimate and popular restaurants in Trondheim

Welcome to the **Solsiden!**

Nedre Elvehavn, Tel.: +47 73 60 06 16
www.ajo.no



Trondheim's green belt

In summer as well as winter, Bymarka entices us with the beauty and variety of its countryside. The people of Trondheim make the most of it. There is a varied and well developed network of trails:

- 60 km (nearly 40 miles) of gravel paths
- 230 km of ordinary paths with no regular maintenance
- 120 km of ski tracks that are prepared, including
- 53 km floodlit tracks

Granåsen, the city's main centre for ski-hops and cross-country skiing, was built originally for the skiing World Championships in 1997. The ski-hop slopes can be used for training and contests both in summer and in winter.

Walking trails

Ladestien (The Lade Trail) The Lade Trail of about 14 km (9 miles) goes along the coast of the Lade peninsula. The trail passes sheltered bays and goes over hilltops providing a wonderful view over the Trondheim fjord, to Fosen and Frosta. The Lade peninsula plays a central role in Trondheim's 1000-year-old history. Near the Ringve-bukta bay, you will find the cottage of writer Kristian Kristiansen and Astrid Dahlsveen's statue of Adrian Posepilt, the character Kristiansen created. Enjoy a cup of coffee at the nearby "Sponhuset". The Rotvoll landscape is an area of natural importance biologically and ecologically well as for its cultural heritage. The area is the only manor farm landscape north of Dovre.

The Nidelvstien trail alongside the river Nid. From Tempe to the Leirfossene waterfalls. A wealth of opportunities to explore the natural and cultural heritage of the area, sheltered from the noise of the city. Much of the trail is accessible to disabled people.



Fishing

The river Nid is one of Norway's best salmon and trout rivers, famous far beyond the country's borders because of its unusually large salmon. The record for salmon so far is 31.8 kg (70 lb).

Most fishing locations are open to the public. Some stretches are even free!

For further information and fishing licences, please contact TOFA, the authority controlling hunting and fishing in Trondheim and its surroundings, Tel.: +47 73 96 55 80, 90 06 17 40. Fax.: +47 73 96 55 82 e-mail: tofa@tofa.org www.tofa.org

Swimming

There are many good places to swim - both along the Trondheim fjord, and in lakes inland.

Outdoor and indoor swimming pools at Piren- and Munkholmen.

Riding

There are a number of riding centres on the outskirts of the city. Bymarka and other areas in the surrounding countryside are good places to go riding.

Reppe ridesenter Tel.: +47 90 94 28 22
Bratsberg ridesenter
Tel.: +47 73 83 78 68

Tennis and golf

Trondhjems Tennisklubb
Tel.: +47 93 63 55 01

Havstein Golf, tlf.: 91 17 24 05
www.havsteingolf.no

Byneset Golfcenter AS, Tel.: 72 59 51 51
www.bynesetgolf.no

Trondheim Golfklubb
Tel.: 73 53 18 85
www.golfklubben.no



Handball

Trondheim teams have done especially well in women's handball in recent years. Byåsen is the team that has achieved the best national and international results.

Football

There are several good football teams in Trondheim, including the best men's team in Norway: Rosenborg Ballklub. "Troillungan" - "the troll kids", as the team is nicknamed in the local dialect - have won a number of series and Cup championships, and have in recent years qualified to play in the Champions League final. Consequently great European football teams have visited the city, including Juventus, Milan, Real Madrid, Bayern München, Porto, Ajax, Inter and Arsenal.

The Trondheims-Ørn women's team has also achieved excellent results in recent years. Their successes include several series and cup victories. For many years players from the club have gone on to Norway's national women's football team.

Ice hockey/speed skating

(Leangen Sports and Ice Hall), with its artificial ice rink, is the home ground of the Trondheim Ishockeyklubb - TIK. There is also a track for speed skating. Tel.: +47 73 91 50 37.

Skating rink on the Market Square
Every day in the winter months.
Admission free. Skates for hire.



Indoor swimming baths

Trondheim has two indoor-swimming baths that are open to the public.

Pirbadet, - is Norway's -largest indoor bathing facility.

Tel.: +47 73 83 18 00/02,

Fax: +47 73 83 18 01,

www.pirbadet.no,

e-mail: firmapost@pirbadet.no

Husebybadet, Saupstadringen 13,
Tel.: +47 72 54 80 75

Skiing

Vassfjellet Skisenter (ski centre) is in a sheltered position on the eastern side of the Vassfjellet mountains, with good snow -conditions. It is 8 km (5 miles) south of the Trondheim city limits, and has facilities for alpine and Telemark skiing as well as snow-boarding. The maximum drop is 460 m (1500 ft). There are 6 tow lifts, including a children's lift, and 10 runs in all, including 4 km (2.5 miles) of the largest floodlit slopes in Norway and state-of-the-art snow canons. Ski-school, sports shop and ski hire. Café. -In the season, the skiing centre is open every day. Ski buses run every evening and weekend.

Tel.: +47 72 83 02 00.

Fax.: 72 83 02 05.

e-mail: vassfjellet@vassfjellet.com

www.vassfjellet.com

Trotting

Leangen Travbane
Mondays at 6 pm.

www.leangen.no

Angelamfi Hitra

Grefsnsvågen and Ansnes, 2½ hours from Trondheim.
Fishing cabins, conference rooms, swimming facilities,
boat hire, sea rafting, inn...

Sales office in Trondheim:

P.Box 3984, Leangen, 7443 Trondheim,

Tel.: +47 73 90 10 00, mobil: +47 979 84 910,

fax.: +47 73 90 10 16,

E-mail: post@angelamfi.com

www.angelamfi.com



Bowling

Centrum Bowling AS

Trondheim Torg, Tel.: +47 73 52 33 66

Mon-Thurs **11 am - 24.00**, Fri-Sat: **11 am - 2 am**,

Sun-Public holidays: **12 noon - 24.00**

www.centrumbowling.no



Byneset Golf

Byneset Golf is situated about 20 km southwest of the centre of Trondheim and has two golf courses: an 18-hole course and a 9-hole course. Follow the E6 road south towards Klett, then turn right along road 707 towards Byneset and Spongdal. The 18-hole master course at Byneset was designed by the distinguished architect Donald Steel. Green fee: **NOK 200.- / NOK 350.-**

Golf clubs available for hire. Coaching with a pro can be booked.

Large practice course and driving range.

Bookings: +47 72 59 51 52 www.bynesetgolf.no



Havstein Golf Centre

Come and try a round of golf!

Driving range with 32 stances.

Putting green and bunkers. Clubs available for loan free.

Bring coins for the ball hire machine.

Route: Drive along the Byås road and turn off towards Havstein Church.

Open: **8 am - 9.30 pm (8 pm Friday and Saturday)**

Tel.: Centre: +47 911 72 405 PGA-PRO: +47 917 80 611

visit www.havsteingolf.no



zitrus lekeland

Lekeland - Playland

Zitrus Lekeland - or playland is Trondheim's main centre for happy, active children bursting with energy, and you will find it right next door to the Solsiden Shopping Centre.

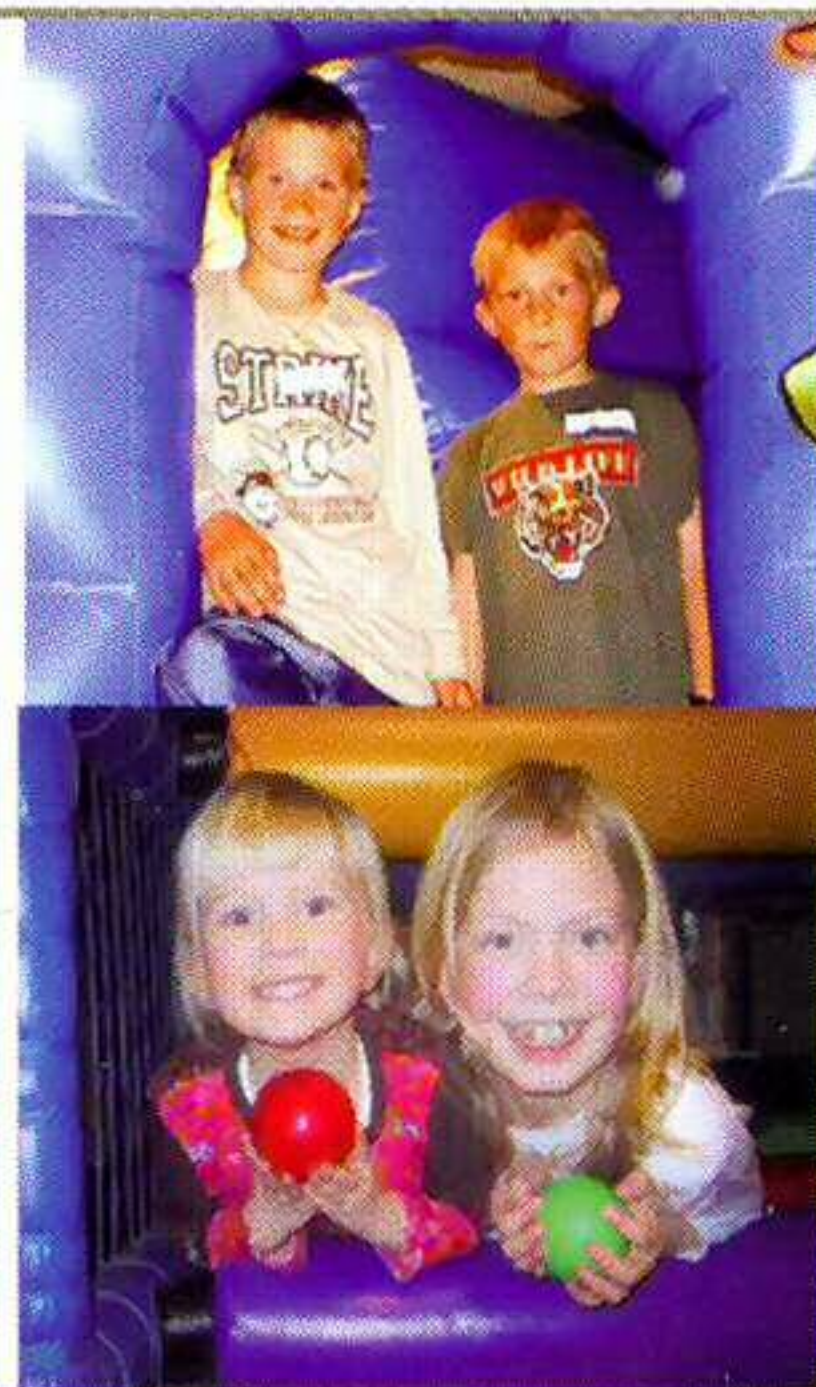
Opening hours: weekdays **10 am - 8 pm**

Saturdays and Sundays **10 am - 6 pm**

Address: Trenerysgt. 2 N-7042 TRONDHEIM

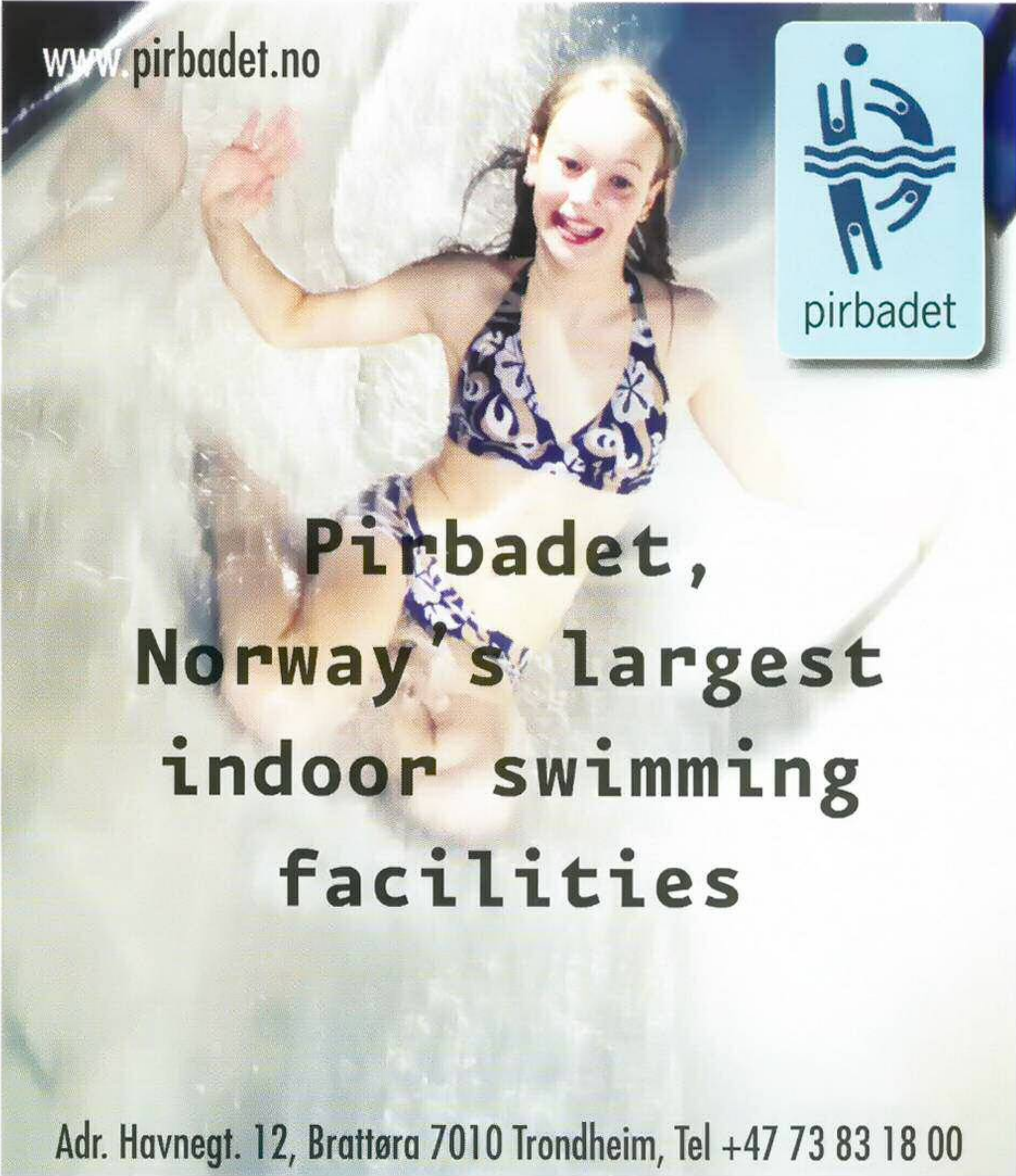
Tel.: +47 73 52 10 10

e-mail: info@zitrus.no www.zitrus.no



www.pirbadet.no





**Pirbadet,
Norway's largest
indoor swimming
facilities**

Adr. Havnegt. 12, Brattøra 7010 Trondheim, Tel +47 73 83 18 00



Trondheim
parkering

The easiest and cheapest parking is in one of our multi-storey car parks that are easily accessible in “Midtbyen”. You can park your car for as long as you wish and pay only for the actual parking time.

You will find the following multi-storey car parks in Trondheim city centre:

Car Park		Opening Hours
Sentralbadet, Leuthenhaven and Bakke P-hus	Mon-Fri Sat Sun	6.30 am – 11 pm 6.30 am – 9 pm closed
Pirbadet, St. Olav og Sentralstasjonen P-hus	Mon-Sun	Open 24 hours
Nedre Elvehavn P-hus	Mon-Sun	6.30 am – midnight
Torget p-hus	Mon-Fri Sat Sun	6.30 am – 9 pm 6.30 am – 7 pm closed

Prices and conditions are displayed at the individual car parks.
Please call +47 72 54 09 10 for any further information you require.
www.trondheimparkering.no

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www.hurtigruten.com



HURTIGRUTEN

From one town to the other

Trondheim - Kristiansund

With the fast Coast express boats you can see all the sights and events.



www.kystekspresen.no

From Tr.heim/ Kr.sund: 08 am - 11.45 am - 16.30 pm



KYSTEKSPRESSEN
vilt & vakkert

Pirterminalen - Tel. 73 89 07 00

Sea-Sport Yacht**Partrederi, DA****Maritime kurs - Turkjøring**

Take a boat on the Trondheim fjord. We arrange all types of boat trips, where it is possible to have food served, hire a guide or go fishing. Our boat, M/S Ulabrand, is certified for 35 passengers.



For more information contact: post@ssy.as
Tel.: 74 82 13 26/918 21 405/928 83 020

Or visit our website www.ssy.as

Transport and communications

Parking garages

It is usually cheaper to park in a parking garage than on the street. For height restrictions, see the sign at the entrance of each parking garage.

Bakke P-hus, Nedre Bakklandet 60
(near Bakke bru).

Leüthenhaven P-hus,
Erling Skakkes gt. 40.

Sandgata P-hus, Sandgata 28

Nedre Elvehavn P-hus,
at Solsiden shopping centre

Pirbadet P-anlegg

St. Olavs Hospital

Torget P-hus, Erling Skakkes gt. 16
(at the Torvet market square),

Sentralstasjonen P-anlegg,
Trondheim Central Station

Bilhuset Ola Brun, Kjøpmannsgata 41

Sentralbadet, Prinsensgt. 61

Statens Hus, entrance Tinghusgata

Olavskvartalet entrance Fjordgata

Parking

PLEASE NOTE! During special events, different parking regulations may apply. There will be signs to indicate this.

Parking in streets

There is a charge for parking in the central areas of the city during the times indicated on the parking signs. Visitors may only park in places marked P "mot avgift" (parking charge). To pay for parking, use the parking meter if there is one, or else a ticket machine. Please place the receipt from the ticket machine so that it is clearly visible through the windscreen. Ticket machine receipts are not valid for parking meter places.

For information on public parking in Trondheim, please contact Trondheim Parkering, Erling Skakkes gt. 40 (Leüthenhaven). Tel.: 72 54 09 10.

www.trondheimparkering.no

Trondheim City Cycles

See Trondheim on a bike! The short distances mean that a tour on a cycle is a fine way to see the city. The easiest way to hire a cycle is through the City Cycle system.

An annual subscription of **NOK 70.-** (from 2007) gives access to 125 bicycles distributed between ten cycle stands round the town! For shorter periods a tourist card can be hired for a deposit, payable at the tourist information office. Only residents with permanent addresses in Scandinavia may buy subscriptions. The cycle may only be used for three hours at a time, and then it must be returned to one of the stands. This rule is to ensure the fairest possible use of the cycles.

Subscribers can contact Clear Channel Adshel if they have problems. Tel.: +47 815 00 250 / +47 2202 3462. www.adshel.no

Motorway toll/Toll road system

www.vegamot.no

The toll on the E6 motorway to the east of Trondheim (Trondheim – Stjørdal) is **NOK 25 + 10** for cars and **NOK 50 + 20** for vehicles over 3500 kg. This toll is charged for trips in both directions, 24 hours a day. The alternative toll-free route is Trondheim – Ranheim – Vikhamar – Malvik – Storsand – Hommelvik – Stjørdal. In the opposite direction this route is free right into the centre of Trondheim.

On the E39 road between Øysand and Thamshamn, there are two toll stations: Øysand and Thamshamn on both the new and the old roads. The toll is **NOK 15.-** for cars and **NOK 30.-** for heavy vehicles at each toll station. These tolls may be subject to alterations.

Coaches

Coaches bringing visitors to the Cathedral and the Archbishop's Palace may stop to let passengers get on and off in Bispegata west of the gate to the Cathedral (between Munkegata and Kongsgårdsgata). Please note that parking is prohibited here. Free parking for coaches, with no time limit, is available:

- on the west side of Havnegata, under the bridge Nidelv Bru.
- in Tinghusgata and in Bispegata, to the east of the cathedral gate.

Sewage disposal for bus toilets: See sewage disposal for camper van/bus toilets.

Airport

Trondheim Airport is at Værnes, 35 kilometres northeast of the city.

Avinor, Tel.: +47 74 84 30 00

Good connections by air everywhere in the country and internationally. Contact:

KLM, Tel.: +47 22 64 37 52

Midt-norsk Helikopter,

Tel.: +47 74 07 50 90

Norwegian, Tel.: +47 815 21 815

SAS Braathens,

Tel.: +47 74 80 41 00

Widerøe, Tel.: +47 74 80 41 00

Airport bus to Trondheim Airport, Værnes, starting from Lerkendal stadion:

Weekdays **04.20 - 04.40 - 05.00 - 05.20 - 05.40 - 05.55 am**, then every 15 minutes until **8.40 pm**

Saturdays every 30 minutes from **04.40 am to 6.10 pm**

Sundays from **04.20 - 04.40 am**, then every 30 minutes **7.40 am - 9.40 am** and every 15 minutes from **9.40 am - 9.25 pm**.

NB: The summer timetable applies during July, with departures every 20 minutes.

These times are subject to change

Car ferries

Flakk – Rørvik, frequent departures from Flakk, 10 kilometres (6 miles) west of the city on road 715.

www.fosen.no

Guest harbour

Trondheim has three guest harbours for pleasure craft: 9 berths at Skansen, 16 berths at Fosen-kaia and 12 berths at the Tavern near the Royal Garden HoTel.: Free of charge for up to 2 hours, then **NOK 100,-** per 24 hours and **NOK 150,-** per 24 hours with electricity at Skansen and Fosen-kaia. The Tavern has metered electrical outlets.

For further information call VHF channel 14/16, or phone 73 99 17 10, mobile: 91 11 26 00 (24 hours a day).

Road patrol and breakdown service for motorists

Falck Norway, Tel.: +47 02468

Viking Redningstjeneste,

Tel.: +47 73 82 28 00.

NAF Veitjeneste,

Tel.: +47 810 00 505.

Fjord and coastal routes

Catamaran to Vanvikan, Brekstad, Hitra, Frøya and Sula, and "Kystekspresen" Trondheim - Kristiansund, depart from Pirterminalen. For information about these routes, phone 177. Fosen Trafikklag ASA, Tel.: +47 73 89 07 00. www.kystekspresen.no, www.fosen.no

Hurtigruten – The coastal steamer

Southbound; arrival 6.30 am. Pier 1, quay 2, departure 10 am. Northbound; arrival 6 am (May - Sept. 8.15 am). Pier 1, quay 1, departure 12 noon. Parking for visitors, Pier 1, quay 2, on the north side of the warehouse.

Team Trafikk as Trondheim (buses)

Passenger Service Office: Dronningens gt. 40, Tel.: +47 815 35 240
Opening hours:
Mon - Fri: **7.45 am – 7 pm.**
Saturday: **10 am - 5 pm.**
Sunday: closed.
Local bus routes for Trondheim and Klæbu. All bus routes have stops in Munkegt./Dronningensgt.

Info telephone:
Trafikanten Midt-Norge 177.
Opening hours:
Mon - Fri: **7.00 am – 10.00 pm.**
Sat: **7.00 am – 6.00**
Sun: **9.00 am – 10.30 pm.**

Caravan parking free of charge

Free camping site for camping vans at Lade, 2.8 km from Torvet, easily accessible from the town centre and from E6 driving south or north. Large area close to shops, shopping centre, pharmacy, petrol station bathing beaches, bus stops, Ringve Museum and Ringve Botanical Garden. Gas on sale nearby. There is a charge for camping in caravans, to be paid at Sandmoen camping, 12 km south of Trondheim.

Trondheim Sentralstasjon

Trafikanten Midt-Norge (Information service about public transport): call 177. Joint train and bus terminal. Day/night trains to Oslo and Bodø, day train to Sweden via Storlien. "Trønderbanen", local train services. City, express and regional buses, airport bus to Trondheim Airport Værnes. Waiting-room, luggage deposit boxes, photo machine, kiosk, café, minibank, multi-storey car park, information desk etc. www.tmn.as

Taxis

TrønderTaxi AS

Open 24 hours: Tel.: 07373
Norgestaxi, booking Tel.: 08000, Tel.: +47 73 92 49 00, Fax: +47 73 92 49 01

Taxi ranks at: Torvet (the market square), Søndre gate, Nedre Elvehavn, Nordre gate, Trondheim Central Station, the Radisson SAS Royal Garden Hotel, Leüthenhaven, Ila and Pirterminalen.

Tram to Lian in Bymarka

AS Gråkallbanen,

Tel.: +47 72 55 23 55.
Mail: firmapost@graakallbanen.no
www.graakallbanen.no

The tram from Trondheim runs from St. Olavs gt. in the centre to Lian in Bymarka at a quarter to and a quarter past each hour. The trip takes 20 minutes and runs past small, old buildings giving a panoramic view of the city from the west. From the terminal you can take a peaceful walk by the waterside, feed the ducks, have a swim or walk along the small trails at Bymarka.

Sewage disposal for camper van and bus toilets

Havna Service (Shell petrol station, Pir 2 at the harbour).

Gauldal Billag, Bratsbergvegen 23.

NSB Biltrafikk, Oslovegen 129.

Sandmoen Motell og Camping, Sandmoen (on the E6 south of Heimdal). **Stav/Fina-centre**, E6 (motorway) in Malvik.

Chemists

Vitusapoteket Løven

Olav Tryggvasonsgt. 28,

Tel.: +47 73 83 32 83,

fax.: +47 73 83 32 80

Mon.- Fri.: **9 am - 6 pm.**

Sat.: **9 am - 3 pm.**

vitus.loven.trondheim@apotek.no

Chemist's Emergency Service

– Vaktapoteket St.Olav, Solsiden, Beddingen 4.

Tel.: +47 73 88 37 37,

fax.: +47 73 88 37 38

Mon - Sat.: **8.30 am - 24.00 pm**

Sun : **10.00 am - 24.00 pm.**

Municipality of Trondheim

Political and administrative management, The City Hall, Munkegt. 1

Tel.: 72 54 00 00, fax: 72 54 60 64.

Address: Trondheim Kommune, 7004 Trondheim

E-mail:

postmottak@trondheim.kommune.no

To read about politics, public administration and services, visit www.trondheim.kommune.no

To read about the city, tourism and travel, culture and history, visit www.trondheim.no

The Library

Trondheim Public Library,

Peter Egges pl. 1,

Tel.: +47 72 54 75 00,

fax.: +47 72 54 75 10

e-mail: post@tfb.no

Open Monday to Thursdays from

9 am - 7 pm, Friday **9 am - 4 pm**,

Saturdays from **10 am - 3 pm**,

Sunday **noon - 4 pm.** (Only from

1 Sept - 30 Apr) Opening hours in the summer months:

see www.tfb.no

Wireless Trondheim

Trondheim is among the first wireless cities in Europe. To use the network you need a PC or mobile phone enabled for Wi-Fi.

www.tradlosetrondheim.no

Post Office

Main Post Office, Dronningens gt. 10,

Tel.: +47 810 00 710,

fax.: +47 73 99 09 51

e-mail: trondheimsentrum.postkontor@posten.no

Open weekdays from **8 am to 5 pm.**

Saturdays from **9 am to 2 pm.** Opening hours are shorter during the summer months. Foreign currency – Tickets – Philatelist service – Poste Restante – Exchange.

Emergencies

Fire - 110, Police - 112,

Ambulance - 113

Casualty Hospital - 73 52 25 00

Dental Emergencies - 73 50 55 00

Trondheim Dental Centre - 73 53 45 45

Women's crisis centre - Crisis telephone for women, 73 52 34 20 Norwegian

Automobile Association (NAF)

Directions and information concerning road conditions, routes etc.:

+47 73 95 73 95.

TRONDHEIM

TANNHELSESENTER

Kongens gt. 49, 7012 Trondheim, tlf. 73 53 45 45

Police

Gryta 4 (near the central station)

Tel.: +47 73 89 90 90 or 02 800.

www.politiet.no

e-mail: post.sor.trondelag@politiet.no

The National Archives

Statsarkivet, Maskinistgt. 1,

Tel.: +47 73 88 45 00.

Opening hours: Monday – Friday

8.15 am – 2.45 pm, June – Aug.

closed on Saturdays.

Sept. – May: reading room open on Wednesday and Thursday until **5.45 pm**, Saturdays **9 am – 12.45 pm.**

www.arkivverket.no/trondheim/om.html

Foreign War Graves in Trondheim

British: Stavne Churchyard.

Yugoslav: Moholt and Lademoen Churchyards; Garden of Remembrance at Udde Bro, in Melhus.

Polish: Moholt Churchyard.

Soviet: Lademoen Churchyard and Garden of Remembrance at Charlottenlund.

German: Havstein, Byåsen.

Consulates

Austria: Granåsveien 13,
Tel.: 73 98 01 00, fax.: 73 98 01 50

Belgium: Lade Allé 65B,
Tel.: 73 91 29 00, fax: 73 91 42 00

Denmark: Munkegt. 48,
Tel.: 73 88 00 00

Czech Republic: Hoeggvn. 66,
Tel.: 93 23 31 00, fax: 73 92 00 85

Estonia: Schulzgt. 1,
Tel.: 73 80 21 50, fax: 73 80 21 60

Finland: Stiklestadv. 1,
Tel.: 73 51 42 22, fax: 73 52 78 22,

France: Munkegt. 17,
Tel.: 73 87 43 00, fax: 73 87 43 01

Germany: Bratsbergvn. 5,
Tel.: 73 95 93 09, fax: 73 95 91 60

Great Britain: Beddingen 8,
Tel.: 73 60 02 00, fax.: 73 60 02 50

Iceland: Loholt Alle 16,
Tel.: 93 46 89 91

Italy: Th. Owesens gt. 35 C,
Tel.: 73 82 66 03, fax: 73 82 65 01

Latvia: Verftsgt. 4,
Tel.: 73 99 43 00, 73 99 43 10.

Mexico: Beddingen 8,
Tel.: 73 99 27 00

Holland: Pir 2, no 10,
Tel.: 73 53 93 00, fax: 73 53 93 53

Poland: TMV-kaia 23,
Tel.: 73 87 69 00, fax: 73 87 69 01

Portugal: Olav Tryggvassons gt. 40,
Tel.: 73 92 43 00

Romania: Beddingen 16,
Tel.: 73 98 31 02

Slovakia: Dronningensgt. 11,
Tel.: 73 83 39 30, fax: 73 83 39 31

Spain: Pir II, 13 b,
Tel.: 73 52 36 09, fax: 73 52 30 90

Sweden: Olav Tryggvassonsgt. 24,
Tel.: 73 88 38 50, fax: 73 88 38 51

Information kiosks

Electronic information kiosks at various points, e.g. in the Public Library and at the Central Station

Trondheim's Twin Towns

Austria:	Graz
Iceland:	Kopavogur
Croatia:	Split
Israel:	Petah-Tikva
Denmark:	Odense
Finland:	Tammerfors
Moldavia:	Tiraspol
Faeroe Islands:	Klaksvik*
Scotland:	Dunfermline
Greenland:	Upernavik*
Sweden:	Norrköping
Germany:	Darmstadt
USA (California):	Vallejo
Palestina:	Ramallah

* Not formally appointed

Alcoholics Anonymous

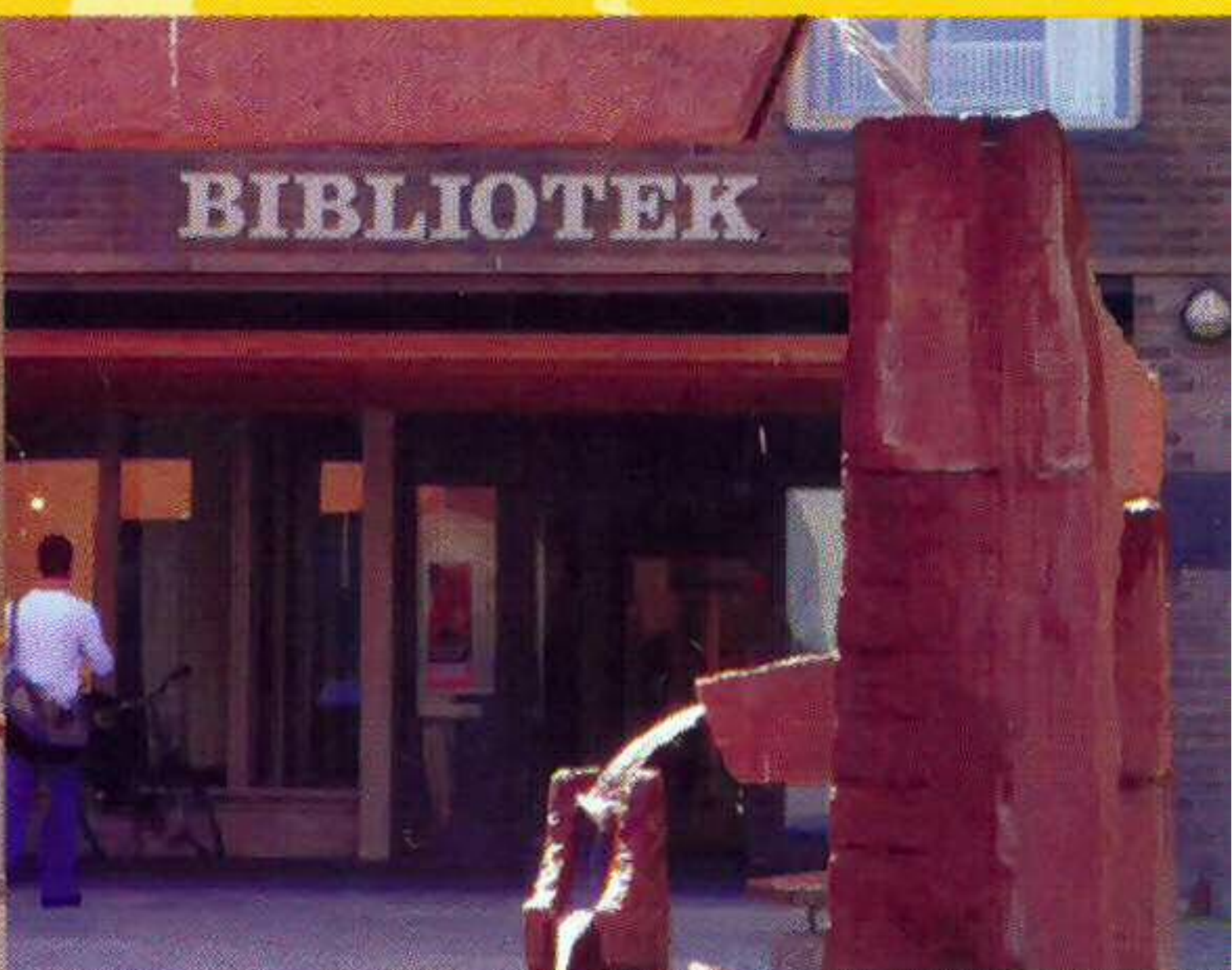
Olav Tryggvassonsgt 5, 3rd floor.
Folketshus. Tel: +47 90 28 23 66
Open from **6.30 pm – 9.30 pm**
seven days a week.

Meetings every evening at **7.30 pm**.
Open meetings Sundays: **7.30 pm**
Women's meetings Wednesdays:
6 pm
Meetings in English on request.

AA information telephone
(24-hour service) +47 91 17 77 70

Al-Anon family groups
Meetings Mon Wed and Fri from
7.30 - 8.30 pm

Al-Anon Adult Children (ACAAG)
Meetings Tuesday **7 pm**
Tel.: +47 73 53 09 60



Church services in English

The Anglican Church holds services in English on the first and third Sunday of each month at **6 pm** in the Cathedral and second and fourth Sunday at **11 am** in Vår Frue Kirke. Coffee is served after the service. All nationalities and Christian denominations are most welcome!

The Synagogue

The Mosaic Faith.
Arkitekt Christies gate 1b,
7013 Trondheim
Tel.: +47 73 52 94 34
e-mail: info@dmf.trondheim.no

Services every other Friday
(odd-numbered weeks) at **5.30 pm**.
No services in the summer holiday.

German church services in Trondheim

The German congregation meets regularly for services and to talk. Pastoral care offered.
Tel. to the priest +47 7397 9241.

The Catholic Church

(St. Olav Church) Schirmers gate 1
Open **9 am - 7 pm**
Tel.: +47 73 52 12 14.
Mass: weekdays **6.30 pm**,
Saturday:
Vigilmass **6.30 pm**
Sundays mass **9 am** and high
mass **11 am**.
www.katolsk.no/mn/Trondheim/

Other faiths and religious communities

Adventist community, Schirmers g 5, Tel. +47 7351 3565
Baptist Church, Prinsens g 2d, Tel. +47 7288 8028
Bethel Pentecostal congregation, Prinsens g 10 B, Tel. 73 88 34 10
Convent of St. Birgitta, Idrettsv. 14, Heimdal, tel. +47 7288 8214
Salvation Army, Prinsensgt. 2c, Tel. +47 7350 3522
Human-Ethical society, Fjordgt. 62, Tel. +47 7380 6480
Mission Church, Arkitekt Christies g 1c, Tel. +47 7352 5495
Muslim Society, Kjøpmannsgt. 53, Tel. +47 7352 9848
Salem Congregation, Normisjon, Prinsens gt 22b, Tel. +47 7387 0460

The Pilgrim Routes to Trondheim

Trondheim (Nidaros) has been a place of pilgrimage for nearly a thousand years. The Nordic pilgrim routes, or the Olav routes to Nidaros, form a net extending more than 5000 km. www.pilegrim.info

Avis Bilutleie AS,

Kjøpmannsgt. 34, 7011 Trondheim.

Tel.: +47 73 84 17 90, fax: +47 73 84 17 91

Trondheim Airport Værnes,

Tel.: +47 74 84 01 00. Telefax: +47 74 84 01 09.

www.avis.no**AVIS***We try harder.***Budget Bilutleie,**

Kjøpmannsgt. 41, 7011 Trondheim.

Tel.: +47 73 53 73 90

- Trondheim Airport Værnes, 7500 Stjørdal

Tel.: +47 74 82 28 00

www.budget.no Central reservations +47 815 60 600**Budget**
Bilutleie**Hertz Bilutleie**

Innherredsveien 103, 7043 Trondheim.

Tel.: +47 73 50 35 00

Trondheim Airport Værnes

Tel.: +47 74 80 16 60

e-mail: hertz.trondheim@hertz.nowww.hertz.no**Hertz****National Bilutleie**

Ladeveien 24, 7041 Trondheim

Booking: 815 22 466

Tel.: +47 73 50 94 40, fax: 73 50 94 41 Værnes: +47 74 82 29 90

e-mail: trondheim@nationalcar.no www.nationalcar.no **National** Car Rental
08000
www.norgestaxi.no



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